

# *Homemade Whole Grain Pancake Mix*

## Ingredients

- 3 1/2 cups rolled oats, old-fashioned or quick-cooking
- 4 cups white whole wheat flour
- 1 cup unbleached all-purpose flour
- 3 tablespoons granulated sugar
- 3 tablespoons baking powder
- 1 tablespoon salt
- 1 tablespoon baking soda
- 1 cup vegetable oil

## Instructions

To make the mix:

- Grind the oats in a food processor until they're chopped fine, but not a powder.
- Put the flours, oats, and all other dry ingredients into a mixer with a paddle. Mix on slow speed, and drizzle the vegetable oil into the bowl slowly while the mixer is running.
- Store in an airtight container for up to two weeks at room temperature, or indefinitely in the refrigerator or freezer.
- Mix will make 50 to 80 pancakes.

To make a batch of pancakes (5 to 8, depending on size):

- Whisk together 1 cup of mix, 1 cup of buttermilk (1 TB vinegar + milk to equal 1 cup), and 1 large egg. Don't worry if it seems thin at first: the oats will soak up the milk, and the mix will thicken a bit as it stands.
- Let the batter stand for at least 20 minutes before cooking.
- Heat a lightly greased griddle to 350°F.
- Drop the batter onto it in 1/4-cupfuls to make a 4" diameter pancake.
- When the edges look dry and bubbles come to the surface without breaking, turn the pancake over to finish cooking on the second side.

RECIPE FROM KING ARTHUR FLOUR

