



## Pancakes

Yield: 2, 5 inch (13 cm) pancakes

	spray oil for the pan or griddle		
125 ml	<b>Valley Kitchen All-purpose flour</b>	1/2	cup
7.5 ml	baking powder	1 1/2	tsp
1	large egg	1	
60 ml	milk	1/4	cup

**Per pancake:** 170 calories, 8 g fat, 2 g saturated fat, 95 mg cholesterol, 230 mg sodium, 21 g carbohydrate, 4 g fiber, 2 g sugar, 8 g protein

1. Measure the Valley Kitchen All-purpose flour into a small bowl. Stir in the baking powder.
2. Add the egg and milk. Whisk to blend.
3. Pour the batter into one medium or two small, lightly oiled, hot frying pans or onto a lightly oiled, hot griddle.
4. Turn when the edges of the pancakes appear to be set and bubbles are starting to show on the top.

Served with fruit, yogurt and syrup, these pancakes make a great start to the day.

## Waffles

Yield: 2 servings (2 waffles per serving)

	spray oil for waffle iron		
180 ml	<b>Valley Kitchen All-purpose flour</b>	3/4	cup
10 ml	baking powder	2	tsp
30 ml	sugar (optional)	2	Tbsp
1	large egg	1	
125 ml	milk, 1 %	1/2	cup
30 ml	milk, 1 %	2	Tbsp

**Per 2 waffles:** 260 calories, 11 g fat, 2 g saturated fat, 95 mg cholesterol, 350 mg sodium, 33 g carbohydrate, 6 g fiber, 5 g sugar, 12 g protein

1. Spray the waffle iron with oil and heat.
2. Measure the Valley Kitchen All-purpose flour, egg and 1/2 cup of the milk into a bowl. Mix to blend.
3. Scoop half of the batter, 2/3 cup, onto the waffle iron. Cook until done.
4. Stir the 15 ml of milk into the remaining batter and cook.

*The batter should spread slowly over the waffle iron.*

*If you like a really crispy waffle, leave them on the waffle iron a couple extra minutes or dry in a toaster.*

*These are great to make ahead and reheat in a toaster.*

*Add 60 ml (1/4 cup) of cooked, chopped bacon to the batter to make **bacon waffles***