



Pancakes

Yield: 2, 5 inch (13 cm) pancakes

spray oil for the pan or griddle

125 ml	Valley Kitchen Pancake & Cookie Mix	1/2 cup
1	large egg	1
80 ml	milk	1/3 cup

1. Measure the Valley Kitchen Pancake & Cookie Mix into a small bowl.
2. Add the egg and milk. Stir to blend.
3. Pour batter into one medium or two small, lightly oiled, hot frying pans or ladle in two scoops 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.



Per serving: 180 calories, 8 g fat, 1.5 g saturated fat, 85 mg cholesterol, 120 mg sodium, 23 g carbohydrate, 4 g fiber, 9 g protein

Served with fresh fruit, yogurt, and your favourite maple syrup, these pancakes make a great start, or finish, to your day.

Crispy Seasoned Fish

Yield: 4 servings

125 ml	Valley Kitchen Pancake & Cookie Mix	1/2 cup
15 ml	your favorite fish seasoning	1 Tbsp
454 g	fish fillets	1 lb
15 ml	vegetable oil	1 Tbsp
15 ml	butter	1 Tbsp

1. Mix the Valley Kitchen Pancake & Cookie Mix and your favorite fish seasoning together.
2. Sprinkle evenly onto a flat plate.
3. Heat the butter and oil in a large pan.
4. Cut the fish into serving size pieces. Lay the fish on the seasoned flour. Turn over to season both sides.
5. Fry the seasoned fish in the hot butter/oil for about 2 minutes on one side. Turn over to the other side and finish cooking.
6. Serve immediately.



Per serving: 300 calories, 10 g fat, 4.5 g saturated fat, 120 mg cholesterol, 205 mg sodium, 14 g carbohydrate, 3 g fiber, 39 g protein

