**100% Whole Wheat Pancakes**

**Ingredients:**

**1 cup milk**

**1 tbsp vinegar\* (white wine or apple cider)**

**1 cup whole wheat flour**

**2 tsp sugar**

**1/2 tsp baking powder**

**1/4 tsp baking soda**

**1/4 tsp salt**

**1 egg**

**2 tbsp melted butter butter for greasing the griddle**

**Directions:**

**1. Combine the milk and vinegar and let the mixture curdle while you mix together the other ingredients.**

**2. In a big bowl, whisk to combine the whole wheat flour, sugar, baking powder, baking soda, and salt. Set aside.**

**3. In another bowl, whisk together the egg, melted butter, and the curdled milk, until it looks fairly homogenous and smooth. Whisk this wet mixture into the dry ingredients, and stir the two together until just barely mixed. You want any visible loose flour to be stirred in, but there should still be plenty of lumps. If you stir out the lumps, the pancakes will likely be tough.**

**4. Preheat a nonstick griddle to 375 degrees F and grease the surface with butter. Add small scoops of pancake batter and use the cookie scooper to gently smooth the scoop into a flatter circle. Cook for a few minutes, until you start to see little bubbles forming on the surface. Flip the pancakes with a turner and cook for a few minutes on the other side, until you peek underneath and see that the bottom is golden brown. Serve with butter and real maple syrup.**

**Enjoy!**

**Notes**

**\*You can substitute lemon juice for the vinegar, or you can sub buttermilk for the milk + vinegar if**

**that's what you have. Recipe adapted from Who Wants Seconds**

http://www.fifteenspatulas.com/whole-wheat-pancakes/