

Pioneer Pancakes

(This version is found on kontentkidqos.com)

Place in blender on high speed for 4 minutes:

1 cup milk

$\frac{3}{4}$ cup whole wheat berries

Add the ingredients below and mix on low:

$\frac{1}{4}$ cup flour

2 eggs

2TBS sugar

1 tsp salt

1 tsp baking soda

2 tsp baking powder

4 TBS oil

Bake on a 325 degree griddle. Serve with butter and syrup.