



TRAVELING PANCAKES

Program 231037

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YOU WILL NEED:

- 3 cups quick oats
- 1 cup white whole-wheat flour
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon sea salt
- 4 tablespoons coconut sugar
- $\frac{3}{4}$ cup unsweetened plant-based milk
- 2 teaspoons apple cider vinegar or fresh lemon juice

DIRECTIONS:

1. Put all dry ingredients in a large bowl and stir to combine. Then, put the mix into a quart size jar and store on the shelf until ready to use.
2. When you are ready to make pancakes, put $1\frac{1}{2}$ cups of pancake mix into a medium size bowl and set aside.
3. Add any plant-based milk and apple cider vinegar to the dry mixture and combine.
4. Heat skillet to medium heat. Add just a touch of oil to the pan, and then pour the pancake batter in the pan to form pancakes. When bubbles start to form, flip them over and continue to cook until done. Repeat until the batter is used up.