

# Light and Fluffy Pancakes

Serves 4-6 (2 pancakes)

## Ingredients:

- 2 cups milk
- 1 tablespoon lemon juice
- 1 large egg
- 3 tablespoons melted butter
- 2 cups flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt



## Directions:

1. Whisk milk and lemon juice in a medium bowl and set aside to let thicken.
2. In a separate bowl, whisk dry ingredients together - flour, sugar, baking powder, baking soda, salt.
3. Whisk the egg and melted butter into the milk mixture.
4. Create a little "well" in the center of dry ingredient bowl and pour the milky mixture in the center.
5. Whisk gently until just combined, there should still be lumps.
6. Heat a pan or griddle to medium heat and coat with butter or vegetable oil.
7. Pour pancake mixture by 1/4 cups and heat until large bubbles come to the top (about 1-2 minutes).
8. Flip the pancake and wait another 1-2 minutes.

Nutrition Facts	
Serving Size (146g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 470mg	20%
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 1g	4%
Sugars 7g	
<b>Protein 8g</b>	
Vitamin A 8%	Vitamin C 2%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a diet of 2,000 calories.	
Total Fat 65g 80g	
Saturated Fat 20g 25g	
Cholesterol 300mg 300mg	
Sodium 2,400mg 2,400mg	
Total Carbohydrate 300g 375g	
Dietary Fiber 25g 30g	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: <http://www.food.com/recipe/light-and-fluffy-pancakes-130729>

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