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. Mutritian Easts

- 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.

Amount Per Se	rving		
Calories 28	0 Cal	ories from	n Fat 9
		%0	aily Value
Total Fat 10g			153
Saturated Fat 5g		25%	
Trans Fat	0g		
Cholesterol	155mg		183
Sodium 470	Img		20%
Total Carbo	hydrate	39g	135
Dietary Fi	ber 1g		43
Sugars 7	9		
Protein 8g			
Vitamin A 89	6 .	Vitamin	C 2%
Calcium 109	6 .	Iron 10%	,
Cercium 107			
"Percent Daily V diet. Your daily v depending on yo	ralues may b	e higher or	

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

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Serving Size (146g)

Servings Per Container

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Amount Per Servi	ing	
Calories 280	Calories f	rom Fat 90
	,	6 Daily Value*
Total Fat 10g		15%
Saturated F	25%	
Trans Fat 0	g	
Cholesterol 5	18%	
Sodium 470m	19	20%
Total Carboh	13%	
Dietary Fibe	er 1g	4%
Sugars 7g		
Protein 8g		
Vitamin A 8%	 Vitami 	in C 2%
Calcium 10%	 Iron 1 	0%
*Percent Daily Val. diet. Your daily val. depending on your	ues may be higher	
	Calories: 2,000	2,500
Total East 1	eas then 65a	800

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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latories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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