

## PANCAKES

In a large mixing bowl, mix:

1 CUP FLOUR  
1 TBSP. SUGAR  
2 tsp. BAKING POWDER  
¼ tsp. SALT

In a medium mixing bowl mix:

1 CUP MILK  
2 TBSP. OIL  
1 EGG

Add liquid ingredients to dry ingredients and stir until moist. Then mix until the batter is smooth. Spray pan with cooking spray. Heat griddle on medium heat. Pour ¼ cup pancake batter onto the griddle. Wait for bubbles to form and edges to be slightly dry, flip and continue to cook with rest of batter. Serve with syrup and butter

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