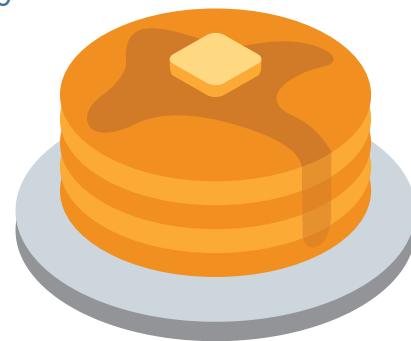


fluffy whole wheat pancakes

Pancakes are the perfect way to fuel up for a busy day. These pancakes use whole wheat flour to give you a fiber boost to help you feel fuller for longer. They're also perfect for mixing in other "nutrition boosters," such as fresh fruit, chia or flax seeds, and protein powder.



Ingredients:

- 1 cup whole wheat flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 cup milk (any kind you prefer)
- 1 egg
- 1 tbsp oil or melted butter (optional)
- Optional add-ins: frozen or fresh berries, mashed banana, diced apples, oats, chocolate chips, chia or flax seeds, protein powder

Directions:

- In a large bowl, combine dry ingredients
- In another bowl, stir together the wet ingredients
- Combine the wet ingredients into the dry ingredients
- Preheat a griddle to medium heat and grease the surface
- Add small amounts of pancake batter to the griddle
- Cook for a few minutes, until you see bubbles forming on the top, then flip onto the other side until both sides are golden brown
- Serve with desired toppings, and enjoy!

