# Fluffy Pancakes

* I can make half my grains whole when preparing foods.
* I can identify whole grains and describe why they are important in my diet.
* I can measure liquid and dry ingredients using the correct tools and techniques.

½ cup all-purpose flour

½ cup whole wheat flour

1 teaspoon baking powder

½ t. baking soda

2 T. sugar

½ t. salt

1 egg, beaten

¾ cup milk

2 T. white vinegar

2 Tablespoons vegetable oil

Directions:

1. In a mixing bowl, stir together flour, baking powder, baking soda, sugar, and salt.
2. Pour dry ingredients into a plastic bag labeled with your kitchen number and period. Bring to lab table.
3. Add the vinegar to the milk and allow it to set for 5 minutes.
4. Whisk the egg, the oil, and the milk mixture.
5. Add egg and milk mixture to the flour and other dry ingredients.
6. Stir ingredients just until they are moistened. Batter will be slightly lumpy
7. Lightly grease surface of hot skillet or griddle.
8. Check surface of skillet for correct temperature as follows. If water drops dance on hot surface, the heat is just right.
9. Use a ladle to pour batter on hot griddle.
10. When topsides of pancakes are bubbly all over, a few bubbles have burst, and the edges begin to appear dry, the pancakes are ready to flip.
11. Flip only once, wait one minute then serve on plate with syrup.