

Pancake- EASY WHOLE WHEAT PANCAKES OR WAFFLES

1 C sour milk (or 1-1/4 C buttermilk) (Martha)

1 egg

1 T brown sugar

1 C whole wheat flour

1 t baking soda

1 T oil (see note)

1. Mix all together
2. Bake on hot oiled griddle (Pam)
3. Serve with syrup or honey

Yield about 1 dozen pancakes or 4 waffles (1/2 C each)

Note:) For waffles, use 1/4 c oil. Bake 4 - 5 minutes