

Let's Cook our Commodities!

Dry Milk Pancake Mix

Ingredients

For the Pancake Mix:

- 5 cups whole wheat flour
- 1¼ cups nonfat dry milk powder
- 2 Tbsp. baking powder
- 1 Tbsp. salt

For the Pancakes:

- 1½ cups Pancake Mix (see ingredients above)
- 1¼ cups water
- 2 Tbsp. vegetable or canola oil
- 1 large egg

Makes
10 pancakes

Prep Time
5 minutes

Cook Time
10 minutes

Good Source of
Calcium
Iron
Fiber



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Nutrition Facts

10 servings per container	
Serving size	1 pancake (56g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 1mg	6%
Potassium 174mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare the pancake mix first by combining the whole wheat flour, dry milk powder, baking powder, and salt. Place in an airtight container or gallon-sized freezer bag. Store at room temperature for up to two months, or in a freezer for up to a year.
2. To make pancakes: In a large mixing bowl, combine 1½ cups of the pancake mix with water, oil, and egg. Stir until dry ingredients are wet, but do not overmix.
3. Heat pan or skillet over medium-low heat. Spray with cooking spray and measure out ¼ cup of pancake batter. Cook until bubbly on top and golden on the bottom, about 4 minutes. Flip and cook until golden on the other side, about 2 to 3 more minutes.
4. Repeat with remaining batter.
5. Serve hot. Refrigerate any leftovers.

Serving Suggestions: Add fresh, frozen, or dried fruits, like mango, banana, or raisins, or dark chocolate chips in the batter or as a topping.

