

Pancakes

Ingredients

- 2 eggs
- 2 cups milk*
- 2 cups flour**
- 3T cane sugar
- 5 tsp baking powder
- 1/2 tsp salt
- 1/3 cup oil



*Use lactose-free milk if intolerant to lactose and/or during elimination phase of FODMAP

**Use King Arthur Gluten-free Measure for Measure flour if intolerant to wheat and/or during elimination phase of FODMAP

1. Stir eggs and milk together.
2. In a separate bowl mix dry ingredients together.
3. Add to the milk and egg mixture.
4. Stir in the oil last.
5. Pour about 1/4 cup batter onto a hot griddle. If making FODMAP pancakes, they do not bubble when cooked like traditional pancakes, so watch carefully to know when to flip.