

Pancakes in a Jar

- 1 egg
- 1 cup milk
- 1 T. oil
- 1 ¼ cup whole wheat flour
- 2 T. organic sugar
- 2 t. baking powder
- ½ t. Salt

Add-ins like fresh or frozen berries, sliced bananas, seasonal fruits,
chocolate chips, shredded coconut, peanut butter chips

Break egg into a 1 qt. mason jar. Stir with a rubber spatula.

Add milk and oil. Screw lid on tightly. Shake to mix well.

Add dry ingredients. Shake again. Batter should have a few lumps.

Grease griddle. Heat griddle to medium.

Sprinkle a few drops of water on the griddle; if they jump, the griddle is hot enough.

Spoon batter onto griddle and place add-ins on top.

When bubbles cover the surface of the pancake and edges look dry, flip with pancake turner. Cook till edges are browned.