

Neal's Pikes Peak Power Pancakes:

2 cups White Flour
1/3 cup each (any or all as available)
 Buckwheat flour
 Whole wheat flour
 Rice flour
 Cornmeal
1/2 cup Rolled Oats
1/4 cup Brown Sugar
1/4 cup Cocoa powder
2 tablespoon Baking Powder
1/2 teaspoon Baking Soda
2 tablespoon Cinnamon
1/2 teaspoon Nutmeg

1/2 apple – cut small
1/2 cup Nuts (walnuts or pecans) - chopped

Mix dry ingredients well

Add wet ingredients

1 teaspoon vanilla
1/2 cup Applesauce (or juice)

Add water until mixture is a thick yet pourable consistency

“Round white pancakes scare me!”

Fancy option – after pouring batter in skillet, add sliced banana (heart or smile face) on top of uncooked side. You only get one flip to the banana side so make sure first side is nice and brown before flipping. Let banana side cook to crisp.

Have Fun!!!