

**PANCAKES:** 5 servings

**night before:**

1c white flour

1c wheat flour

½ c cornmeal

½ c buckwheat

1 ½ c oats

1c walnuts

1 tbsp brown sugar

1 tbsp baking powder

½ tsp baking soda

4 tbsp cinnamon

1 tsp nutmeg

½ tsp cardamom

¼ tsp salt

**morning of:**

½ apple, minced (optional)

½ c applesauce

1 tsp vanilla

water to consistency

We cook our pancakes on a non stick griddle. We do not use oil; the cakes do not stick as long as the griddle is hot. Fancy cake day? Add banana slices in a pattern on the raw side once you have poured the batter onto the griddle. Cook until toasty to prevent sticky messes.