

Neal's Pikes Peak Power Pancakes:

Dry Ingredients:

2 cups White Flour
1 cup total (any or all as available)
 ¼ cup Buckwheat flour
 ½ cup Whole wheat flour
 ¼ cup Cornmeal
1/2 cup Rolled Oats
3 tablespoon Brown Sugar
2 tablespoon Baking Powder
1 teaspoon Baking Soda
1 tablespoon Cinnamon
½ teaspoon Nutmeg
¼ teaspoon Salt

Wet Ingredients:

1 apple – cut small
½ cup Nuts (walnuts or pecans) – chopped (optional)
1 teaspoon vanilla
1 cup Applesauce (or juice)

Mix dry ingredients well

Add wet ingredients

Add water until mixture is a thick yet pourable consistency

Have Fun!!!