

Ivy's Heart Healthy Pancake Mix

6 cups flour mix made up as follows: 3 cups whole wheat flour; $\frac{1}{2}$ cup ground flax; $\frac{1}{2}$ cup wheat germ; $\frac{1}{2}$ cup wheat bran; $1\frac{1}{2}$ cups all purpose flour

2 cups powdered milk

6 Tbsp baking powder

6 Tbsp sugar

1 tsp salt

Mix well and store in air tight container.

Makes 8 cups of mix.

To use: Combine $1\frac{1}{2}$ c mix, 1 c water, 1 egg, and 2 Tbsp oil.

Makes 8 pancakes.

The above 6 c flour is my variation - can be changed.

Best kept it in an airtight container in the freezer. Could also be stored in frig.