

## Master Mix Pancakes

(page 298 of Low Protein Cookery for PKU 2<sup>nd</sup> addition)

2/3 cup (83 gm) Wel-Plan Baking Mix	4 teaspoons baking powder 1 teaspoon salt
2/3 cup (83 gm) wheat starch	3 tablespoons sugar
1/3 cup (128 gm) sifted Softasilk cake flour (do not use regular flour)	1/2 cup (56 gm) powdered Cremora or Coffe-Mate coffee creamer

Mix all ingredients together in a plastic container with airtight lid. Label with instructions for making pancakes. Store at room temperature indefinitely. Makes thirteen 4 1/2 inch pancakes (420 gm dry mix).

To Make Pancakes:

3 1/2 tablespoons (32 gm) Pancake Master Mix	1 Teaspoon vegetable oil 2 1/2 to 3 tablespoons water
---	--

1/2 teaspoon cinnamon (optional)

Mix all ingredients in a small bowl or measuring cup, using 2 1/2 or 3 tablespoons water, depending on thickness of pancakes desired. Pour batter onto hot greased griddle. Cook on first side until bubbles appear and edges are slightly set, a minute or so; turn and brown other side.

Yield: one 4 1/2-inch pancake.

	Phenylalanine (mg)	Protein (gm)	Calories
Per recipe Pancake Master	638	11.3	1339
Per Pancake	49	0.9	103