



# BUSTLING BREAKFAST RECIPES

by Cynthia Lair

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## Goldie's Whole Grain Pancake Mix

This basic pancake mix comes from Goldie Caughlan, Nutrition Educator at Puget Consumer's Co-op in Seattle. There are many types of whole grain flours besides wheat that can be used to make baked goods. This recipe utilizes a combination of several. One perk of this mix is that it works equally well for waffles.

*Dry pancake mix:*

- 2 cups barley or kamut flour**
- 2 cups whole wheat pastry flour**
- 1 cup buckwheat flour**
- 1 cup blue cornmeal**
- 3 tablespoons baking powder**
- 1 teaspoon cinnamon**

Combine all ingredients and store in an airtight container.

**Makes:** 6 cups dry mixp