

## Pancake Recipe

(Prep:5 mins Cook:15 mins Total:20 mins Servings:8 Yield:8 servings)

### Ingredients:

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted.



### Directions:

#### ➤ Step 1

In a large bowl, sift together the flour, baking powder, salt, and sugar. Make a well in the center and pour in the milk, egg and melted butter: mix until smooth.

#### ➤ Step 2

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

### Nutrition Facts:

#### Per Serving:

158 calories; protein 4.5g; carbohydrates 21.7g; fat 5.9g; cholesterol 37.7mg; sodium 503.6mg.