

Pancakes

Ingredients:

- 1 Cup of Plain Flour
- 1 Cup of Whole Milk
- 1 Egg

Method:

1. Beat egg and milk together
2. Fold in flour
3. Grease pan with canola spray or a teaspoon of butter
4. Heat pan on a medium/low heat until butter melts
5. Pour in pancake mix using $\frac{1}{4}$ cup for each pancake
6. Wait for bubble to appear on the surface before flipping
7. Cook on turned side for 30 seconds to a minute
8. Top with fresh berries and maple syrup

