## **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 ¼ 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

