

Rise's Sunday Morning Pancakes

Serves 3- 4

2 cups whole wheat pastry flour (white flour can work, but ww pastry flour is best)

1 T. baking powder

1 tsp. salt

3 eggs separated

2 cups buttermilk or sour milk, or milk (but buttermilk is the best)

½ cup vegetable oil

Mix the dry ingredients together in a medium bowl. Beat the egg whites separately until they form soft peaks. (if you can't, or don't have time, then just beat the eggs).

In a separate bowl, beat the egg yolks, beat in oil, beat in buttermilk. Add wet ingredients into dry ingredients. Mix, but don't overmix. Fold in egg whites.

Voila! Make sure you have maple syrup to enjoy with the pancakes.

Batter keeps for 5 days.