

I.H.O.P.

Country Griddle Cakes

nonstick spray

1 1/4 cups all-purpose flour

1 1/2 cups buttermilk

1/3 cup instant Cream of Wheat (dry)

1 egg

11

1/3 cup sugar

1 teaspoon baking powder

1 teaspoon baking soda

1/4 cup vegetable oil

1/2 teaspoon salt

1. Preheat a skillet over medium heat. Apply nonstick spray.

2. Combine all ingredients in a large bowl with a mixer set on high speed. Mix until smooth.

3. Pour the batter by 1/3-cup portions into the hot pan and cook pancakes for 1-2 minutes per

side or until brown. Repeat with remaining batter.