



HEALTHY SOURDOUGH WHOLE WHEAT PANCAKES AND WAFFLES

INGREDIENTS

- 1/2 C REGEN
WHOLE WHEAT
SOURDOUGH
STARTER
- 1C REGEN
WHOLE WHEAT
FLOUR
- 1C MILK
- 1 EGG
- 2T BUTTER
- 1/2 TSP SALT
- 1/2 TSP BAKING
SODA

PREP TIME: OVERNIGHT

COOK TIME: 10 MIN

TOTAL TIME: 12 HOURS

THE NIGHT BEFORE:

IN A LARGE BOWL, STIR
TOGETHER STARTER,
FLOUR AND MILK. COVER
WITH PLASTIC WRAP AND
REFRIDGERATE
OVERNIGHT

IN THE MORNING:

WHILE YOU WAIT FOR
WAFFLE IRON OR GRIDDLE
TO WARM, MIX IN EGG,
BUTTER & SALT TO
SOURDOUGH MIXTURE.
STIR IN BAKING SODA
JUST BEFORE COOKING
WAFFLES OR PANCAKES.