

## Quick Mix Pancakes

*Feeds up to 8 people*

3 c. Quick Mix (I like to use 2 c. whole wheat, 1 c. unbleached)

¼ c. whole sugar (such as Panela or Rapadura) or loosely packed brown sugar

2 eggs

2 ½ c. milk

¼ c. extra-virgin olive oil

1 tsp. vanilla

butter or extra-virgin coconut oil

Mix all ingredients well in 2-qt. mixing bowl. Heat cast iron pans gently over medium-low. Use butter or extra-virgin coconut oil, about 1 tbsp. at a time in pans—do not let the butter burn. Spoon batter into pans approx. ¼ c. at a time,

or as desired. Cook until edges look dry, and bubble begin to form in pancakes, then flip. Cook until golden-brown, then remove from heat. Serve with your choice of fruit, maple syrup, and whipped cream or butter.

**Variations:**

**Thin pancakes:** Use 3 c. milk.

**Pumpkin Spice Pancakes:** Use only 2 c. milk. Add 1 c. canned pumpkin, 1 tsp. ground cinnamon, ½ tsp. ground cinnamon, ½ tsp. ground nutmeg, and 1/8 tsp. ground cloves.