

Blender Pancakes

- 1 cup wheat berries
- 1 ½ cup milk
- ½ cup oil or applesauce
- 1 egg
- 3 tsp. baking powder
- 2 Tbsp. sugar
- 1 tsp. Salt



WHEAT BERRIES: Turkey Red (HRW) or Pastry (SRW)

Blend 1 cup milk with wheat berries for 2-3 minutes.

Add rest of milk and blend for 2 more minutes.

Keeping the blender going, add remaining ingredients.

Cook on hot skillet or griddle.

You can also add vanilla, cinnamon, fruit or other ingredients as desired.