Pancakes for One

PRINT RECIPE

How To Make Pancakes for One

*Makes 2 (5-inch) pancakes*

**What You Need**

**Ingredients**1/4 cup self-rising flour  
2 teaspoons granulated sugar  
1/4 cup milk (not nonfat)  
1 tablespoon vegetable oil, plus more for cooking  
1 large egg white  
Butter and maple syrup, for serving

**Equipment**Mixing bowls  
Mixing spoons and cups  
Whisk  
8-inch or larger nonstick frying pan  
Flat spatula

**Instructions**

1. **Combine the dry ingredients:** Whisk together the self-rising flour and sugar in a small bowl.
2. **Add the wet ingredients**: Add the milk and 1 tablespoon oil, and whisk until mostly smooth.
3. **Whip the egg white**: In another small bowl, whisk the egg white to soft peaks.
4. **Fold in the egg white**: Gently fold the beaten egg white into the batter.
5. **Cook**: Heat a nonstick frying pan over medium-high heat. Add a few drops of vegetable oil and heat until shimmering. Add half the batter and cook until bubbles form on surface, 2 to 3 minutes. Flip and cook until the second side is golden-brown, 2 to 3 minutes more.
6. **Repeat and enjoy**: Repeat with the remaining batter. Top with butter and maple syrup.

**Recipe Notes**

* **Self-rising flour substitute:** Whisk together 1 cup all-purpose flour, 1 1/2 teaspoons baking powder, and 1/4 teaspoon fine salt. Measure off 1/4 cup for your pancake. The rest can be stored in an airtight container for future use.