

Pancakes

Ingredients:

- 2% Milk, 2 Cups
 - 2 Eggs
 - Unsalted Butter (melted), 4 Tbsp
 - Pancake Mix, 2 Cups
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Directions:

1. Combine egg whites and milk in a bowl and mix well
 2. Combine egg yolk and butter in a bowl and mix well
 3. Add liquid ingredients to mix
 4. Wisk mixture by hand just enough to combine
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Yield: 2 Dozen

Serving Size: 1 Pancake

Carbs: 9 per serving

Shelf Life: 5 Days