

Hippie Pancakes

Socially conscious breakfast food.

Recipe by: David Horton

Yield: 12 to 16 small pancakes, enough for two hippies

Preptime: 10 minutes

Ingredients

1 C. unbleached wheat blend flour

2 tsp. baking powder

1 tsp. unrefined sugar

1/4 tsp. coarse kosher salt

1 free-range egg

1 1/4 C. hormone-free milk

1 tsp. organic vegetable oil

Preparation Instructions

Pre-heat griddle over medium heat. Combine dry ingredients in a mixing bowl. Stir in egg, milk and oil. Use a large spoon or gravy ladle to transfer pancake batter to the griddle. Pancakes are ready to flip when large bubbles can be seen on top.

Serving Instructions

Top with fruit and berries or serve with traditional maple syrup.

Notes

All-purpose flour may be used instead of wheat blend, but decrease the milk by 1/4 C and cut the baking powder by 1/2 tsp. You may also replace the unrefined sugar with brown sugar and yes, regular eggs work too, but at this point you have completely sold out to The Man and may as well just hop in your beemer and drive to some trendy, over-priced, yuppie pancake house and get it over with.