

# Five-Grain Pancake Mix

Brad Petersen – “Cooking with Chef Brad”

- 6 cups Wheat berries
- 1 cup Barley
- 1 cup Rye
- 1 cup Oat groats
- 1 cup Brown rice
- 4 cups Powdered milk
- 3 tsp Salt
- 1 cup Rumford baking powder (or other baking powder)

## **Pancakes:**

- 1 cup of above pancake mix
- 1 egg (lightly beaten or use equivalent egg powder)
- 1/2-3/4 cup Water
- 1/4 cup Sugar
- 2 Tbsp Oil

## **Recipe Instructions**

Mix grains together. Grind into flour. Add remaining ingredients. Store mix in freezer until needed.

