

## Best Recipe for Waffles and Pancakes

3/4 cup white flour  
3/4 cup whole wheat flour  
1 heaping tablespoon sugar  
1 well-rounded tablespoon baking powder  
1/2 teaspoon salt

1 cup milk (add 1/4 cup more for pancakes)  
1 egg or 1/4 cup egg substitute  
3 tablespoons oil  
1 teaspoon vanilla  
1 egg white, beaten stiff.

Combine the dry ingredients in a large bowl. Combine the wet ingredients. Mix the wet ingredients into the dry ingredients very slowly. It's important to just trickle the wet ingredients in while mixing the dry ingredients vigorously with a fork. It may seem at first that there isn't enough liquid to moisten the flour, but it'll come out just fine.

Once the batter is made, fold in the stiff-beaten egg white.

If you're making pancakes, make sure that your griddle is hot enough so that water droplets dance for a second or two. For waffles, you may want to leave the waffle in the waffle maker as much as a minute longer than the manufacturer's recommendation to ensure a crisp waffle that's still moist and tender within.