

Buckwheat Pancake Mix

1 cup buckwheat flour
1 Tablespoon baking powder
1 Tablespoon sugar
½ teaspoon salt
¾ cup milk
4 teaspoons applesauce or oil
1 egg

Mix ingredients well.

Cook on hot griddle or skillet over medium heat.

Cook approx 2 minutes each side.

Yields approx 12 pancakes.