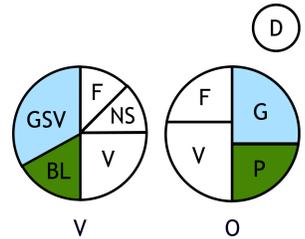


FIRE OR STOVE



# Just Add Water Pancake Mix

Adapted from Dirty Gourmet Plant Power: Food for Your Outdoor Adventures by Aimee Trudeau, Emily Nelson, and Mai-Yan Kwan

Makes 6 cups pancake mix, about 24 5-inch pancakes

At-camp cooking time: 4-5 minutes per pancake

## Pancake Mix

2 cups all-purpose flour	1/2 cup sugar
2 cups white whole wheat flour	3 Tbsp baking powder
3/4 cup soy milk powder	2 tsp vanilla powder (optional)
1/2 cup potato starch	1 1/2 tsp salt

## To make about 6 5-inch pancakes

### Tools

Frying pan  
Spatula  
Camp stove or one bag of charcoal  
Large bowl  
Whisk

### Cooking Tub Staples

Cooking oil

### Ingredients

1 1/2 cup pancake mix  
1 to 1 1/4 cups water

## At Home

Combine the flour, soy milk powder, potato starch, sugar, baking powder, vanilla powder, and salt in a large resealable container or ziplock bag. Mix everything together well.



## At Camp



1. Arrange a relatively clean cooking preparation area away from any raw meat and eggs you may also have brought.



2. Wash your hands.

3. In a medium bowl, stir together 1 1/2 cups of the pancake mix with 1 to 1 1/4 cups of water, depending on how thick you like your pancakes. Mix well, but don't worry if there are some lumps.



4. Heat a griddle or skillet over medium heat. Spray with cooking spray or melt a little butter in the skillet.

5. Pour about 1/3 cup of pancake batter onto the hot skillet. Cook until bubbles form on the pancake and the bottom is golden brown. Flip the pancake and continue cooking until the second side is golden brown.

