

PANCAKES

INGREDIENTS

"Pancakes, waffles and muffins (without nuts) are all on the list of foods you can eat with braces. You should steer clear of syrup and anything else sugary, sticky and sweet, though, as these tasty treats can get caught in your braces, leaving you susceptible to cavities. Like yogurt, pancakes open a world of opportunity when it comes to toppings (and filling!). Skip the mix and go crazy with your own take on pancakes."

-Dr. Cleidy

1-1/2 cups (6.75 oz/190g) all-purpose flour
2 tablespoons sugar
1 teaspoon baking powder
1/2 teaspoon baking soda

1/2 teaspoon salt
1 cup buttermilk
2 large eggs
1/4 cup butter, melted
1 teaspoon vanilla extract

DIRECTIONS

- Combine flour, sugar, baking powder baking soda, and salt in a bowl. Mix in egg, buttermilk, butter and vanilla.
- Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown, 3 to 5 minutes per side. Serve hot.