

Cut along dotted lines, then wrap around a 14.25 tin can and tape the two edges together on can.



Directions: In blender, add 1-1/2 C. water and wheat kernels Blend on highest speed for 4 or 5 minutes (don't worry it won't hurt your blender, promise!) or until batter is smooth. Add baggy of dry ingredients and 2 T. oil Blend on low. Pour out batter into pancakes from the actual blender jar (only one thing to wash!) on to a hot greased or Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes. Enjoy!

for more tips and tricks for using food storage in everyday ways, visit www.everydayfoodstorage.NET