

# *Sarah's Healing Touch*

## **Whole Wheat Pancakes**

### Ingredients:

- 1/4 C. coconut oil
- 1 1/2 C. whole wheat flour
- 1/4 t. salt
- 2 t. baking powder
- 1 egg
- 3/4 C. luke warm water
- 1/2 C. apple sauce

### Directions:

Mix all ingredients except coconut oil. Heat up a griddle and add a generous amount of coconut oil before each cup full of batter. SO good! :)

*Rejuvenate Refresh Relax*