**Wild rice pancakes**



makes 16 pancakes, 6 to 8 servings

**Ingredients:**  
-1 cup (250mL) wild rice, washed  
- 1 cup (250mL) all purpose flour  
- ½ cup (125mL) wheat bran  
- 2 tablespoon (25mL) granulated sugar or sugar substitute  
- 1 tablespoon (15mL) baking powder  
- ½ teaspoon (2mL) cinnamon  
- ¼ teaspoon (1mL) nutmeg  
- 3 eggs  
- 1 cup (250mL) 1% milk  
- 2 teaspoon (10mL) vanilla  
- ½ cup (125mL) raisins, currants, or dried cranberries.

**Directions:**  
1. In saucepan, boil the rice with water and cover with the lid. Reduce heat and cook for 40 minutes or until rice is tender and most of the water is gone.   
2. Drain water from rice.   
3. Put rice in a large bowl. Let cool.  
4. In another bowl, mix flour, bran, sugar, baking powder, cinnamon and nutmeg. Add to wild rice and mix well.  
5. In a small bowl, mix eggs, milk, and vanilla and pour over to rice and flour mixture. Mix until smooth. Add raisins.   
6. Place large frying pan on stove on medium heat. Pour ¼ cup (50mL) of batter onto frying pan and flatten with spoon.   
7. Cook turning pancake once for 2 to 3 minutes on each side (until gold color).   
8. Have this with your favorite fruit or yogurt