

DR. GRANDMA'S WHOLE GRAIN PANCAKES

SERVINGS		PANCAKE MIX		EXTRA VIRGIN OLIVE OIL		EGGS		WATER		VANILLA (optional)					
Batches	# of Pancakes	Volume Measurement	or	Weight Measurements	Volume Measurement	or	Weight Measurement	XL	Egg Substitute	Regular Pancakes	Lighter Pancakes	Volume Measurement			
		CUPS		GRAMS		CUPS + TBSP	FL OZ			GRAMS	CUPS	CUPS	CUPS	CUP	TBSP
1	9	1 1/4	or	27	-	2	or	1	or	1/4	1 1/3	1 1/2			1
2	18	2 1/2	or	53	1/4		or	2	or	1/2	2 2/3	3			2
4	36	5	or	106	1/2		or	4	or	1	5 1/3	6			4
6	54	7 1/2	or	160	3/4		or	6	or	1 1/2	8	9		2	
9	81	11 1/4	or	239	1	2	or	9	or	2 1/4	12	13 1/2		3	
12	108	15	or	319	1 1/2		or	12	or	3	16	18	1/4		
15	135	18 3/4	or	399	1 3/4	2	or	15	or	3 3/4	20	22 1/2	1/3		
16	144	20	or	426	2		or	16	or	4	21	23 1/2	1/3		
Full Box	284	39 1/2	or	841	4		or	32	or	8	42	47 1/4	2/3		

CONVERSION TABLE				RECIPE NOTES:
cup	fl. oz.	tblsp	tsp	
1	8	16	48	
3/4	6	12	36	
2/3	5	11	32	
1/2	4	8	24	
1/3	3	5	16	
1/4	2	4	12	
1/8	1	2	6	
1/16	0.5	1	3	