
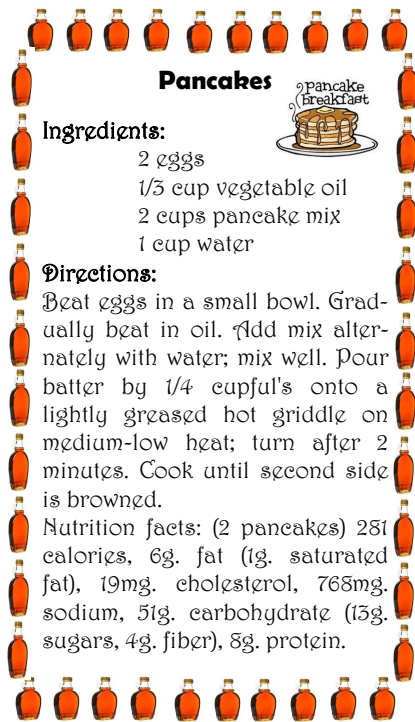



**Pancakes** 

**Ingredients:**  
 2 eggs  
 1/3 cup vegetable oil  
 2 cups pancake mix  
 1 cup water

**Directions:**  
 Beat eggs in a small bowl. Gradually beat in oil. Add mix alternately with water; mix well. Pour batter by 1/4 cupful's onto a lightly greased hot griddle on medium-low heat; turn after 2 minutes. Cook until second side is browned.

**Nutrition facts:** (2 pancakes) 281 calories, 6g. fat (1g. saturated fat), 19mg. cholesterol, 768mg. sodium, 51g. carbohydrate (15g. sugars, 4g. fiber), 8g. protein.

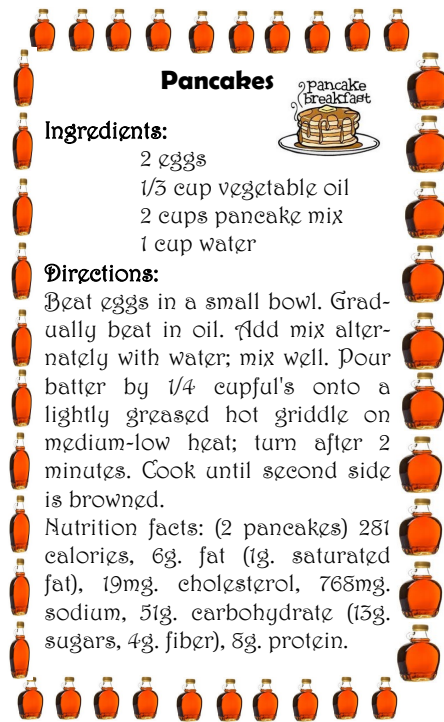



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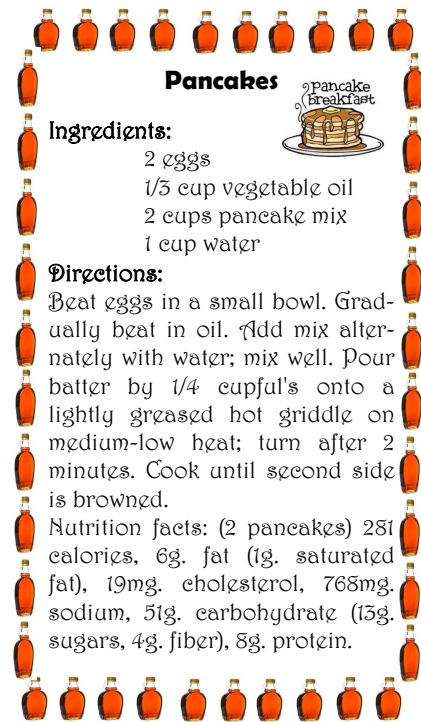



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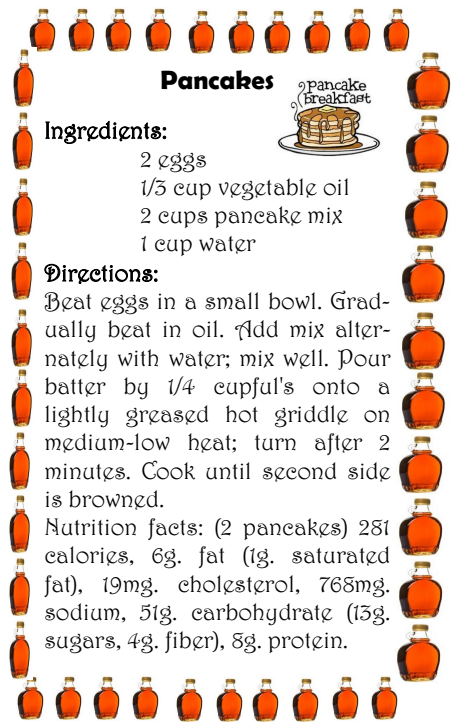



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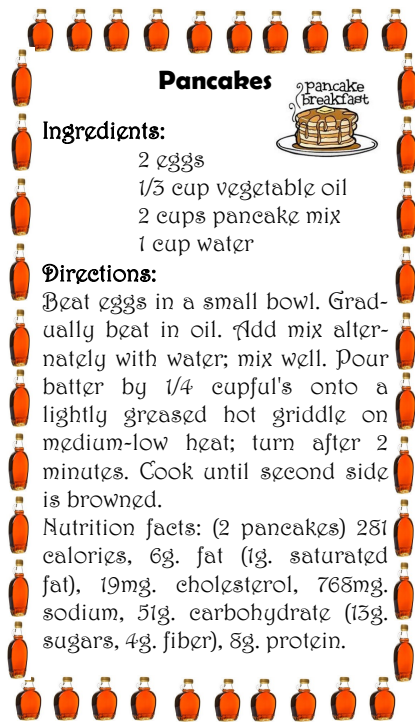



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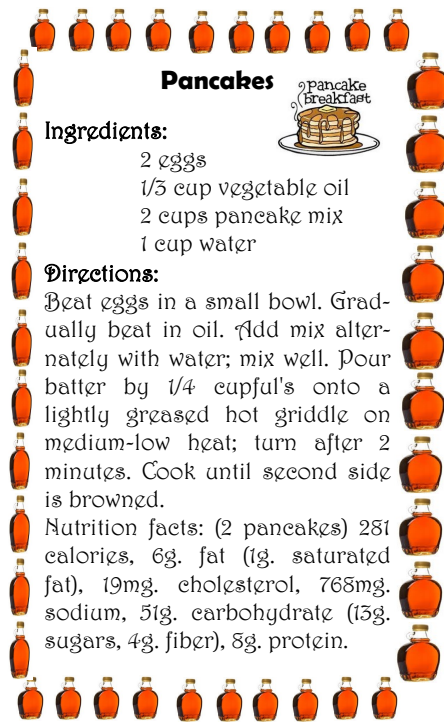



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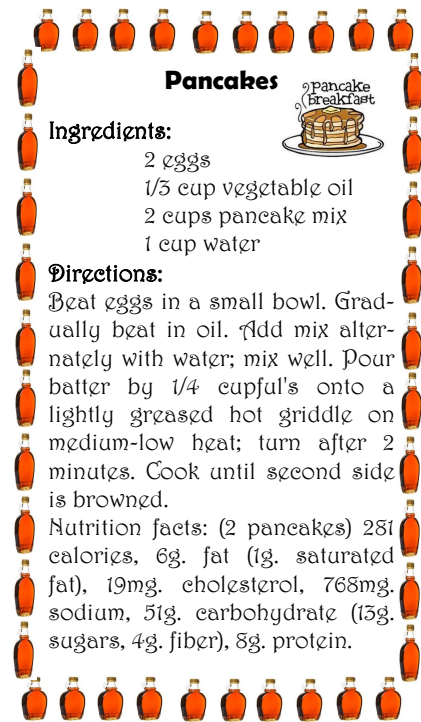



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