

# Pancakes

2 cups mix  
1 cup milk  
2 eggs

Stir ingredients  
until blended.

Pour by 1/4 cup full  
onto hot greased  
griddle. Cook until  
edges are dry. Flip.  
Cook until golden.

# Rice

Twice as  
much water  
as rice

Bring water to boil  
in a saucepan. Stir  
in rice. Cover.  
Reduce heat and  
simmer 20 minutes or  
until water is  
absorbed.

# Biscuits

2 1/4 cups  
mix  
2/3 cup milk

Stir ingredients  
until blended.

Either drop spoonfuls  
or kneed, roll 1/2  
inch thick, and cut.  
Bake 450 degrees for  
8 - 10 minutes.

# Oatmeal

Twice the  
water or  
milk as oats

Combine water or milk  
with oats in bowl.  
Microwave on high  
1 1/2 to 2 minutes.  
Stir in spices,  
fruit, nuts, and  
more. Serve.