

## ***Mesquite Pancakes***

1 cup mesquite flour  
1 cup whole wheat flour  
1 cup unbleached white flour  
1 tbl baking powder  
1½ tsp baking soda  
½ tsp cinnamon  
¼ tsp each allspice, cardamom, nutmeg  
1 tsp salt  
1 egg  
1 tbl oil  
1½ cups buttermilk  
1 cup milk

Mix dry ingredients together. In a separate bowl, whisk together egg, oil, and buttermilk. Combine dry and wet ingredients and mix well. Add approximately 1 cup of milk as needed to thin the batter. Cook and enjoy!

*Baja Arizona Sustainable Agriculture*