



Homemade “Pam”

Ingredients

- 1/3 cup avocado oil
- 1/3 cup Crisco (I used the Crisco sticks since they are pre-marked with how much to slice off)
- 1/3 cup all purpose flour, sifted

Instructions

Heat oil and crisco slightly in a small pan over low heat and stir in flour. Whisk together until well combined and pour into a glass jar with a lid to store in your baking cupboard.

Using a pastry brush, stir the mix and brush this liberally to coat the pans when you bake cakes or muffins or sweet breads in lieu of Pam. You will thank me later!