

LIGHT-AS-A-FEATHER WHOLE WHEAT PANCAKES

INGREDIENT LIST:

1 1/3 cups whole wheat flour
1 large egg
1 1/2 teaspoons baking powder
1 1/3 cups buttermilk
1/4 teaspoon salt
1 tablespoon brown sugar
1/4 teaspoon baking soda
1 tablespoon oil

DIRECTIONS:

Preheat griddle.

In medium bowl, stir or sift dry ingredients together; beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened; batter should be slightly lumpy.

Pour 1/4 cup batter for each cake onto a well-seasoned hot griddle. Flip the pancake when bubbles appear on surface; turn only once.

Alternatives:

Omit soda, use 2 teaspoons baking powder and omit salt

Substitute 1 and 1/3 cup 1% milk w/1Tbsp. lemon juice or white vinegar added for buttermilk.

Add 1/2 cup fresh or frozen blueberries.

Serve hot, chunky, spiced applesauce or thick fruit sauce over cakes instead of syrup for extra nutrition and fiber.

Servings: Makes 12 4-inch pancakes

Calories/Serving: 78

Nutrition: Each pancake provides approximately: 78 calories, 3 g protein, 12 g carbohydrate, 2 g fiber, 2 g fat (0 g saturated), 19 mg cholesterol, 9 mcg folate, 1 mg iron, 178 mg sodium.



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A branch of the Wheat Foods Council