

Whole-Grain Pancakes

Hands-on - 20 min.

Serves 6

While you may think you love the white flour pancakes you grew up with, wait 'til you change over to whole grain. These offer texture without being too grainy. And talk about nutrition packed! A great way to start your day!

Menu

Whole-Grain Pancakes
Applesauce or Light Syrup
Fresh Fruit
Canadian Bacon

2 cups whole-wheat pastry flour*
1/2 cup wheat germ (or just use more flour)
1/4 cup ground flax seed (opt)
2 tsp baking powder
1 T sugar
3 dashes cinnamon (opt)

In a medium-size bowl, stir together until baking powder is well distributed.

1 egg
2 egg whites
1/2 tsp vanilla (opt)
2½ cups skim milk or soy milk

Add all at once to dry mixture and mix just until combined.

Heat griddle over medium-high heat. Spray with nonstick cooking spray. (It should be hot enough so that when you sprinkle drops of water on the surface, they dance.)

Use a 1/4 cup measuring cup to measure and pour the cakes. Turn when bubbles come to the surface and pop, and the edges are slightly dry.

Serve with applesauce or light syrup and fresh fruit.

Makes approximately 18 pancakes. Leftover pancakes can be re-warmed in the microwave the next day, or frozen for another day.

** If you don't have whole-wheat pastry flour, you can substitute 1 cup whole-wheat and 1 cup all-purpose flour. To learn about whole-wheat pastry flour, see page 340.*



Nutrition information for 3 pancakes

Calories	278	Fat	5 g	Fiber	8.5 g	Sodium	209 mg	Total Carbohydrate	45 g
Calories from Fat	16%	Saturated Fat	<1 g	Cholesterol	37 mg	Protein	14 g	Sugars	8 g