

FAVORITE PANCAKES

Makes 15, 2 oz. (56 g) pancakes

¾ cup all-purpose flour
¾ cup whole wheat flour
½ cup cornmeal*
2 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt
1 egg, beaten
2 cups low-fat milk
3 tablespoons melted, butter
Pan spray or oil to grease griddle or skillet

1. In mixing bowl, combine flour, cornmeal, sugar, baking powder and salt with wire whisk.
2. In a separate bowl, blend together egg, milk and butter with wire whisk.
3. Spray or oil the griddle and preheat to 375 degrees F.
4. Add liquid all at once to flour mixture, stirring with spoon only until the ingredients are blended.
5. For each, ladle or pour about ¼ cup batter onto preheated skillet or griddle. Bake until small bubbles begin to pop and edges are dry. Sprinkle on chopped nuts, chips or fruit pieces before flipping pancakes.
6. Turn pancakes over and bake on griddle until golden brown.

* Option for multigrain pancakes: instead of ½ cup cornmeal use ¼ cup cornmeal and ¼ cup oatmeal, soy flour or other flours to equal ¼ cup.

Nutrition Facts

Serving Size (58g)

Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **9%**

Cholesterol 20mg **7%**

Sodium 230mg **10%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **5%**

Sugars 3g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fabulous Topping Ideas:

- **Before flipping**...sprinkle surface of each pancake with chopped nuts, dried, frozen or fresh fruit pieces, mini-chocolate pieces or sunflower seeds.
- **Honey or fruit butter**—blend ½ cup room temperature butter and 1/3 cup honey or preserves
- **Fruit Sauce:** Spoon over pancakes. Blend one, 15-oz. can drained canned apricots or jar applesauce with one, 15-oz. can peaches or mandarin oranges and 1 fresh nectarine or other fresh fruit (strawberries, raspberries, blackberries...)
- **Homemade syrup**—Bring 2 cups brown sugar and 1 ½ cups water to a boil; simmer 3 minutes. Stir in ½ teaspoon maple or vanilla flavoring and remove from heat. Just heat to dissolve crystals that may form when stored in the refrigerator.

(end)