

Whole Grain Pancakes

Ingredients:

3/4 cup whole wheat flour
 1/4 cup oat bran or wheat germ
 (optional)
 1/4 cup old-fashioned oats
 1 tablespoon cornmeal
 2 tsp. baking powder
 1/4 tsp. salt
 1 cup milk
 1 tablespoon vegetable oil
 1 egg
 1 ripe banana, mashed

Equipment:

Large mixing bowl
 Medium mixing bowl
 Mixing spoon & whisk
 Measuring cups
 Measuring spoons
 Skillet or griddle

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 20 minutes

Directions

1. Preheat griddle to 350 degrees F or heat a large skillet to medium heat. Rub with a thin layer of oil to prevent sticking.
2. Wisk together dry ingredients in a large bowl. If you do not have oat bran or wheat germ, increase flour to 1 cup.
3. In a medium bowl, beat the egg. Add the mashed banana, oil, and milk. Mix well.
4. Add the liquid ingredients to the dry ingredients and stir gently just until ingredients are combined. Do not over mix. The batter may be lumpy, but that is OK. Let batter sit for about 5 minutes. Add a tablespoon more milk if the batter is too thick.
5. Pour batter, 1/2 cupful at a time onto the hot griddle. Cook for about 2 minutes, or until edges become crisp and bubbles have formed on the top. Flip the pancake and continue cooking until the bottom of the pancakes are browned, about 1-2 minutes more.
6. Serve hot with reduced-sugar syrup or make a puree of fruit like peaches or strawberries for a topping.

Note: Add oat bran and wheat germ to yogurt and smoothies, or use in meatloaves to provide extra nutrients and fiber!

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Nutrition Facts

Serving Size: 2 pancakes
 Servings: 4

Amount Per Serving			
Calories 215		Calories from Fat 56	
		%Daily Value*	
Total Fat	6g		9%
Saturated Fat	1g		5%
Cholesterol	54mg		Value*
Sodium	428mg		18%
Potassium	380mg		11%
Total Carbohydrate	34g		11%
Dietary Fiber	5g		18%
Protein	9g		18%
Vitamin A	4%	Vitamin C	5%
Iron	11%	Calcium	53%

*Percent Daily Values are based on a 2,000 calorie diet.

TIP: Double the recipe and freeze extras for a quick breakfast. To freeze, place pancakes on a baking sheet and put in the freezer for an hour. Store frozen pancakes in an air-tight plastic bag!

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