

Eat Smart • Move More

Whole Grain Pancakes

Prep Time: 5 minutes

Total Time: 15 minutes



Ingredients

- ¾ cup whole-wheat flour
- ¼ cup oat bran or wheat germ
- ¼ cup old fashioned oats
- 1 tablespoon cornmeal
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- 1 banana, mashed
- 1 cup 1% milk
- 1 tablespoon canola oil
- Nonstick cooking spray

Directions

- Heat a griddle or skillet to medium heat.
- Mix dry ingredients in a mixing bowl.
- In a separate mixing bowl, whisk the egg. Add the banana, milk, and oil. Stir until smooth.
- Combine the wet ingredients to the dry ingredients and stir gently, just until ingredients are combined. NOTE: It is okay if the batter remains lumpy.
- Spray the griddle or skillet with nonstick cooking spray. Pour ½ cup batter at a time onto the hot surface. Cook until edges become crisp and bubbles have formed on the top, about 2 minutes. Flip pancake and continue cooking until the bottom is browned, about 1-2 minutes more.
- Serve hot with a fruit purée or sugar-free syrup.

Nutrition Facts

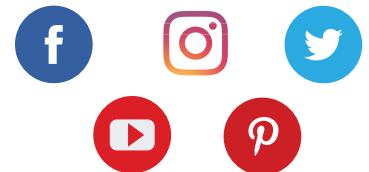
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|-------------------------------|------------------|
| 4 servings per container | |
| Serving size | 1 serving |
| | (144.36g) |
| Amount per serving | |
| Calories | 220 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 370mg | 16% |
| Total Carbohydrate 35g | 13% |
| Dietary Fiber 5g | 18% |
| Total Sugars 7g | |
| Includes g of Added Sugars | |
| Protein 9g | |
| Vitamin D 1mcg | 4% |
| Calcium 271mg | 20% |
| Iron 2mg | 10% |
| Potassium 348mg | 8% |

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Top pancakes with berries, peaches, or bananas.
- ▶ Avoid over-mixing the batter. Mix until the dry and wet ingredients are combined. Over-mixing can cause the pancakes to be tough and rubbery.

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(Recipe adapted from: <https://www.allrecipes.com>.)

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