

# 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

### Nutrition Facts

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.

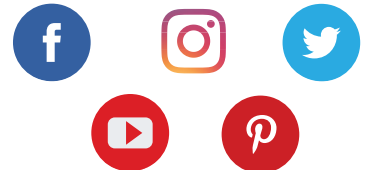
### Quick Tips

- ▶ Top with fresh berries to add more fruit.
- ▶ An equal amount of whole-wheat flour can be substituted for oat bran or wheat germ.
- ▶ Kids love pancakes for breakfast!

### Directions

- Heat griddle or skillet to 375°F or medium heat.
- Mix whole-wheat flour, oat bran or wheat germ, oats, and cornmeal in a large bowl.
- In the medium bowl, beat the egg with the whisk. Add the banana, milk, and oil. Mix well.
- Add the liquid ingredients to the dry ingredients and stir gently, just until ingredients are combined. The batter may be lumpy. Let batter sit for about 5 minutes.
- Spray the griddle or skillet with nonstick cooking spray. Pour batter ½ cup at a time onto the hot griddle. 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.

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(Recipe adapted from: <https://www.allrecipes.com/recipe/231392/whole-grain-banana-pancakes/>)

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