

Whole Wheat Pancakes

Serves 6 (3 pancakes per serving)

Ingredients:

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 3 tablespoons sugar
- 3½ teaspoons baking powder
- 1 teaspoon salt
- 2 cups low-fat milk
- 2 eggs
- 2 tablespoons oil, plus more for the pan
- Low-fat vanilla yogurt and prunes, berries or other fruit for garnish



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Steps:

- 1) Mix the two flours, sugar, baking powder and salt in a large bowl.
- 2) In a separate medium-sized bowl, mix milk and eggs. Add oil and mix together.
- 3) Stir milk mixture into the flour mixture.
- 4) Heat a large nonstick frying pan over medium heat; brush with oil.
- 5) To make each pancake, drop 1/4 cup batter onto the pan. Cook about 2 minutes, or until you can see many bubbles on the top.
- 6) Flip over and cook until golden brown, about 2 more minutes.
- 7) Repeat with remaining pancake batter.
- 8) Serve with a scoop of yogurt and fresh berries or fruit!

This recipe was developed through Eat Better, Feel Better, a school-based, community partnership that creates healthier school environments through healthy eating and active living (funded by SNAP - Supplemental Nutrition Assistance Program).