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

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).