



Whole Grain Pancakes

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

You'll also need:

Griddle

Directions

1. Heat griddle to 375°F.
2. Mix dry ingredients in a large bowl.
3. In the medium bowl, beat the egg with the whisk. Add the banana, milk, and oil. Mix well.
4. Add the liquid ingredients to the dry ingredients and stir gently, just until ingredients are combined. Do not overmix. The batter may be lumpy, but that is OK. Let batter sit for about 5 minutes.
5. Spray the griddle 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 the pancake and continue cooking until the bottom is browned, about 1-2 minutes more.
6. Serve hot with a fruit puree or sugar-free syrup.

Nutrition Facts

Serving Size 1 serving (144.36g)

Servings Per Container 4

Amount Per Serving

Calories 220 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 370mg **15%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 9g

Vitamin A 4% • Vitamin C 4%

Calcium 25% • Iron 10%

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