



## Light-as-a-Feather Whole Wheat Pancakes

### Ingredients:

- 1 1/2 cups whole wheat flour
- 1 large egg
- 1 1/2 teaspoons baking powder
- 1 1/3 cups buttermilk
- 1/4 teaspoon salt
- 1 tablespoon brown sugar
- 1/4 teaspoon baking soda
- 1 tablespoon oil

### Instructions:

- 1) Preheat griddle.
- 2) In a medium bowl, stir or sift dry ingredients together.
- 3) Beat egg, buttermilk, brown sugar, and oil together.
- 4) Stir buttermilk mixture into dry ingredients until just moist (batter should be slightly lumpy).
- 5) Pour 1/4 cup batter for each cake onto a lightly greased, hot griddle.
- 6) Flip cakes when bubbles appear on surface - turn only once.

Yield: 12 - 4 inch pancakes

### Ideas/Substitutions

- Top with your favorite fruit.
- Serve with hot, chunky, spiced applesauce or thick fruit sauce instead of syrup.
- Add 1/2 cup fresh or frozen blueberries to the batter for delicious blueberry pancakes.
- Can't find buttermilk? Try these substitutes for 1 1/3 cups buttermilk:  
1 1/3 cup plain yogurt OR 1 1/3 cup milk plus 4 teaspoons vinegar or lemon juice (let stand 10 minutes before using)

### Nutrition Analysis

Serving Size: 3 (4") cakes

Calories: 234

Total Fat: 6 g

Calories from Fat: 16%

Saturated Fat: 0 g

Trans Fat: 0 g

Total Carb: 12 g

Dietary Fiber: 6 g

Sodium: 534 mg

Protein: 9 g

Folate: 27 mcg

Iron: 3 mg

### Recipe Source

(Reprinted with permission)

Courtesy of the Wheat Foods Council

[www.wheatfoods.org](http://www.wheatfoods.org)