

Whole Grain Strawberry Pancakes

Whole wheat flour adds a nutty flavor and texture to these great-tasting pancakes. Dish these up with berries and a glass of milk on the side for a wholesome start to your day!

Makes: 7 servings
Prep Time: 10 mins

Source: The "Grain Chain"

Ingredients

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6 oz)

Directions

1. Heat up a 12-inch skillet over medium heat (spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour 1/4 cup batter onto skillet. Cook each side for 1 to 2 minutes.
6. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 Pancakes

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 260 |
| Total Fat: | 9 g |
| Saturated Fat: | 2 g |
| Cholesterol: | 93 mg |
| Sodium: | 390 mg |
| Total Carbohydrates: | 36 g |
| Dietary Fiber: | 4 g |
| Total Sugars: | 16 g |
| Added Sugars: | 10 g |
| Protein | 9 g |

Utensils Needed

- Measuring cups
- Knife
- Cutting board
- Teaspoon & Tablespoon
- 2 bowls (1 large and 1 medium sized)
- Whisk
- Spatula

SHOPPING LIST

Average total cost without oil and seasonings: \$18.73

Average cost/serving: \$2.68

Recipe Makes: 7 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole Wheat Flour



Add 1 to Cart
Baking Powder



Add 1 to Cart
Baking Soda



Add 1 to Cart
Carton of Eggs



Add 1 to Cart
Vanilla Low-Fat Yogurt (6oz)



Add 1 to Cart
Strawberry Low-Fat Yogurt (6oz)



Add 1 to Cart
Fresh Strawberries

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips:

- Add any fresh fruits you'd like as toppings for extra color and flavor!