



Pancakes with Strawberry

Servings: 8

Ingredients:

- ¾ cup whole-wheat flour
- ¾ cup enriched all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 Tablespoon granulated sugar
- 2 large eggs
- 1 cup low-fat or fat-free milk
- 2 Tablespoon canola oil

Strawberry Sauce:

- 1 - 16 ounce package frozen, sliced, strawberries (thawed)

Directions:

1. Combine flour, baking powder, salt, and sugar in large bowl.
2. Combine eggs, low-fat or fat-free milk, and vegetable oil until mixed thoroughly in a bowl.
3. Add egg mixture to flour mixture. Mix only until ingredients are combined, about 1 minute; batter will be slightly lumpy.
4. Heat skillet or griddle coated with nonstick cooking spray over low-medium heat until a few drops of water sprinkled on surface bounce and splatter.
5. Pour 1/3 cup of batter for each pancake.
6. Cook until surface of the pancake is covered with bubbles, the edges begin to dry, and bottom side is lightly brown, approximately 2 minutes. Turn and cook until lightly brown on other side, approximately 1-minute.
7. Spoon strawberry sauce over warm pancakes and serve.

Nutrition Facts

Serving Size 1 4-inch pancake (128g)
Servings Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 310mg	13%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 5g	
Vitamin A 2%	• Vitamin C 40%
Calcium 8%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Tip: Refrigerate overnight to thaw the frozen strawberries

