PANCAKE MIX

10-12 Pancakes

INGREDIENTS
3/4 cup all purpose flour
1/2 cup whole wheat flour
1/4 cup corn meal
2 teaspoons baking powder
2 tablespoons brown sugar
2 eggs
1 1/2 cups buttermilk
2 tablespoons canola oil

DIRECTIONS
1. Thoroughly mix dry ingredients
2. Mix eggs and buttermilk
3. Fold dry into wet (do not over mix)
4. Heat skillet. For each batch pour a small amount of canola oil onto skillet. Spoon about 1/4 cup of batter onto moderately hot skillet. Cook until bubbly, carefully flip and cook on the other side for 3 to 5 minutes.

NUTRITION INFORMATION:

Calories: 188
Fat: 7.6 grams (g)
Saturated Fat: 1.0 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 74 milligrams (mg)
Carbohydrates: 24 grams (g)
Dietary Fiber: 0.9 grams (g)
Protein: 5.4 grams (g)
Sodium: 660 milligrams (mg)
Vitamin A: 2%
Calcium: 1%
Vitamin C: 0%
Iron: 10%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/14)