PANCAKE CAMP MIX

SERVES 10-12

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 all dry ingredients.
2. Mix eggs and buttermilk
3. Fold dry into wet. Don’t over mix.
4. Heat skillet. For each batch, add a small amount of canola oil to skillet. Spoon about 1/4 cup batter onto a 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)
Cholesterol: 74 milligrams (mg)
Carbohydrates: 24 grams (g)
Dietary Fiber: 0.9 grams (g)
Protein: 5.4 grams (g)
Sodium: 25 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 8/14)