



## WHOLE-GRAIN BUTTERMILK PANCAKES

Pancakes always feel like a treat! But when they're made with whole-wheat flour, heart-healthy canola oil and just a little sugar, they're a satisfying "anytime" meal. Try one of the sauces for some extra flavor excitement. Here's a classic recipe, plus some variations to try.

**ACTIVE:** 50 MINUTES

**TOTAL:** 1 HOUR

 VEGETARIAN

### DRY INGREDIENTS

- 1½ cups white whole-wheat flour
- 2 teaspoons baking powder
- ¼ teaspoons baking soda
- ¼ teaspoon salt

### WET INGREDIENTS

- 1 large egg
- 1½ cups buttermilk
- 2 tablespoons canola oil
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

1. Whisk dry ingredients in a large bowl. If desired, replace up to ½ cup flour with another whole grain (cornmeal, oats or buckwheat flour).

2. Whisk wet ingredients in a medium bowl.

3. Make a well in the center of the dry ingredients.

Add the wet ingredients; whisk just until combined.

(Don't overmix or they'll be tough.) For fluffier pancakes let the batter sit undisturbed for 10 to 15 minutes after mixing.

4. Coat a large nonstick skillet (or griddle) with cooking spray; heat over medium heat. Pour out three ¼-cup pancakes.

5. Cook until the edges are dry and you see bubbles on the surface, 2 to 4 minutes. Flip and cook until golden brown on the other side. Repeat, coating the pan with cooking spray and reducing the heat as needed.

**SERVES 6:** 2 (4-INCH) PANCAKES EACH

**Calories** 189, **Fat** 6g (sat 1g),

**Cholesterol** 33mg, **Carbs** 28g,

**Total sugars** 5g (added 2g),

**Protein** 7g, **Fiber** 3g,

**Sodium** 388mg,

**Potassium** 145mg.



### BLUEBERRY

Add 1 cup blueberries and 2 tsp. orange zest to wet ingredients.

Calories 174, Fat 5g (sat 1g), Cholesterol 29mg, Carbs 27g, Total sugars 7g (added 2g), Protein 6g, Fiber 3g, Sodium 333mg, Potassium 142mg.

### APPLE-CINNAMON

Add 1 tsp. ground cinnamon to dry ingredients. Add 1 cup grated apple to wet ingredients.

Calories 176, Fat 5g (sat 1g), Cholesterol 29mg, Carbs 28g, Total sugars 7g (added 2g), Protein 6g, Fiber 3g, Sodium 333mg, Potassium 154mg.

### MIXED BERRY SAUCE

Combine 3 cups frozen mixed berries, 3 Tbsp. sugar and 2 tsp. cornstarch in a bowl. Microwave on High until thickened, 4½-5½ minutes, stirring once. Serves 8: ¼ cup each.

Calories 45, Fat 0g (sat 0g), Cholesterol 0mg, Carbs 11g, Total sugars 8g (added 5g), Protein 0g, Fiber 1g, Sodium 1mg, Potassium 57mg.

### HONEY YOGURT SAUCE

Whisk ½ cup honey into 2 cups low-fat plain Greek yogurt. Serves 10: ¼ cup each.

Calories 86, Fat 1g (sat 1g), Cholesterol 3mg, Carbs 16g, Total sugars 16g (added 14g), Protein 5g, Fiber 0g, Sodium 19mg, Potassium 75mg.

### LEMON-POPPY SEED

Add 1 Tbsp. poppy seeds to dry ingredients. Add 1 cup part-skim ricotta cheese plus 1 Tbsp. lemon zest to wet ingredients.

Calories 217, Fat 8g (sat 4g), Cholesterol 40 mg, Carbs 26g, Total sugars 5g (added 2g), Protein 10g, Fiber 3g, Sodium 377mg, Potassium 179mg.

### PUMPKIN

Add ½ tsp. pumpkin pie spice to dry ingredients. Add 1 cup pumpkin puree plus ¼ cup toasted chopped pecans to wet ingredients.

Calories 201, Fat 8g (sat 1g), Cholesterol 29mg, Carbs 27g, Total sugars 6g (added 2g), Protein 7g, Fiber 4g, Sodium 334mg, Potassium 213mg.

