

Whole-Grain Strawberry Pancakes

From MyPlate -- United States Department of Agriculture
<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/WholeGrainStrawberryPancakes.pdf>

Ingredients

- 1 ½ cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 eggs
- 1 container (6 oz) vanilla low-fat yogurt
- ¾ cup water
- 3 tablespoons canola oil
- 1 ¾ cups sliced fresh strawberries
- 1 container (6 oz) strawberry low-fat yogurt

Instructions

1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened.
3. For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
4. Top each serving (2 pancakes) with ¼ cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Makes 7 servings

Nutrition information per serving

Calories: 260
Total fat: 9 g
Saturated fat: 1.5 g
Sodium: 390 mg
Dietary fiber: 4 g