

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION

 UNIVERSITY OF MINNESOTA | EXTENSION



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The Perfect Pancake

Pancakes are one of our most favorite breakfast foods; however, they are great any time of day. Add a glass of milk, some fruit, a scrambled egg and you have a complete meal. Pancakes are low cost and easy to make. Here's how to make the perfect fluffy pancake!

1 Batter

Using a premade pancake mix is convenient, but you can just as easily make your own pancakes from scratch. The key is to follow the directions. Aim for a batter that will coat the back of a spoon and slowly drip off - if too thin, add flour; if too thick, add milk.

2 Mix lightly

Over-mixing will cause pancakes to be tough. Mix ingredients just until moist and combined - a few lumps are fine.



3 Heat

Start with medium temperature. Your griddle or skillet is hot enough when a few drops of water dance on the surface. Try a test pancake.

4 Pour

Pour batter into one spot on the griddle or skillet instead of pouring in a circular motion for a round pancake. Use a measuring cup if you want them all the same size.

5 Flipping

Pancakes are ready to flip when the edges have set and bubbles forming on the surface have just started to pop. Flip and cook for 1 to 2 more minutes or until golden on the second side.

6 Keep warm

If you need to keep your pancakes warm, place cooked pancakes on a baking sheet in the oven in a single layer on the lowest temperature setting.

Try a new topping!

Applesauce
Chopped fruit: bananas, strawberries, peaches
Blueberries
Peanut butter and jelly
Nutella
Flavored yogurt
Powdered sugar
Jam
Cinnamon
Honey Butter
Cream Cheese

BANANA OATMEAL PANCAKES

2 cups complete whole wheat pancake mix	½ cup old-fashioned oatmeal
1 large firm banana, finely chopped	¼ cup chopped walnuts

1. Prepare pancake batter according to package directions.
2. Stir in the banana, oatmeal and walnuts.
3. Pour batter by ¼ cup onto a hot griddle coated with cooking spray, turn when bubbles form on top. Cook until the second side is golden brown.

Yields 16 pancakes. Serving Size: 2 pancakes; cal 155; sod 293mg; fat 4g

Tip: You can place completely cooled left-over pancakes in freezer bags layered with waxed paper. Freeze for an easy meal. Just heat in the microwave.



WHOLE GRAIN PANCAKE MIX

Dry Mix Ingredients

4 cups whole grain flour (whole wheat, spelt or graham)
4 cups all-purpose flour
3 teaspoons salt

3 cups dry milk powder
1/2 cup brown sugar
1/3 cup baking powder

Additional Ingredients

2 Tablespoons oil
1 egg, beaten



1. Mix all dry ingredients together. Store mix in airtight container or freezer bag.
2. Combine 2 cups mix with enough water to make a thick pancake batter, about 1 1/2 cups. The amount of water will vary based on the flours you have used in the mix.
3. Add oil and egg.
4. Mix and pour batter onto hot griddle.
5. Flip pancakes when bubbly and edges are dry.
6. Top with apple butter, applesauce or other fruit topping for a healthy alternative to syrup.

Serves 4. Serving Size: 2-3 pancakes; cal 133; sod 423mg; fat 2g; carb 25g

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