

4 FLAVOR VARIATIONS  
**WHOLE-  
GRAIN  
PANCAKES**  
2 EASY TOPPINGS

## 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.