



Whole Wheat Pancakes

4 Servings • 1 Serving = 2 Small Pancakes

INGREDIENTS

- 1 cup whole wheat flour
- 2 ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon sugar
- 1 large egg
- 1 cup low-fat or nonfat milk
- ½ cup nonfat plain Greek yogurt
- 1 teaspoon vanilla extract
- Cooking spray, as needed
- ½ green apple, grated
- ¼ cup pecans, chopped

DIRECTIONS

1. Mix all dry ingredients in a bowl. Add egg, milk, yogurt, and vanilla to the bowl. Mix well until there are no more dry spots. Don't overmix.
2. Heat a large skillet on medium heat. Lightly spray oil to coat and pour ¼ cup of batter into the skillet.
3. When the pancake starts to bubble, add the apple. When the bubbles settle and the edges begin to set, flip the pancake.
4. Remove from heat once cooked through.
5. Repeat with the remainder of the batter.
6. Top with pecans.

Nutrition Facts

4 servings per container
Serving size 2 pancakes

Amount per serving
Calories **230**

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 200mg 9%

Total Carbohydrate 32g 12%

Dietary Fiber 5g 18%

Total Sugars 7g

Includes 1g Added Sugars 2%

Protein 11g

Vitamin D 0mcg 0%

Calcium 259mg 20%

Iron 2mg 10%

Potassium 595mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

chefsa.org

@CHEFSanAntonio

