

Whole-Grain Strawberry Pancakes

- 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



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 1/4 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 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

7 servings

Nutrition per Serving (with strawberries and yogurt): Calories 260 (Calories from Fat 80); Total Fat 9g (Saturated Fat 1.5g, Trans Fat 0g, Polyunsaturated Fat 2.5g, Monounsaturated Fat 4.5g); Sodium 390mg; Potassium 300mg; Dietary Fiber 4g

% Daily Value: Total Fat 14% (Saturated Fat 8%); Sodium 16%; Potassium 9%; Dietary Fiber 16%; Calcium 15%; Vitamin D 2%

Servings: 2 oz-eq Grains (100% Whole Grain); ¼ cup Fruits

Besides adding whole grain, the whole wheat flour adds a nutty flavor and wholesome texture to these great-tasting pancakes. If you are new to whole grains, you could start by using 3/4 cup whole wheat flour and 3/4 cup all-purpose flour until you get used to the new flavor and texture. Dish up these pancakes with ¼ - ½ cup berries on the side, and one cup of ice cold non-fat milk for a wholesome start to your day!



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.