

Whole Wheat Buttermilk Pancakes

Ingredients

3/4 cup all-purpose flour
3/4 cup whole wheat flour
3 Tbsp sugar
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 1/2 cups low-fat buttermilk
1 Tbsp vegetable oil
1 large egg
1 large egg white
Cooking spray

Directions

1. Spoon flours into dry measuring cups; level with knife
2. Combine flours, sugar, baking powder, baking soda and salt in large bowl; stir with whisk.
3. In separate bowl, combine buttermilk, oil, egg and egg white; stir with whisk.
4. Add buttermilk mixture to flour mixture; stir until just moist
5. Heat nonstick griddle or nonstick skillet coated with cooking spray over medium heat.
6. Spoon about 1/4 cup batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles and edges look cooked.

Serve with your favorite pancake topping.

Remember: butter, syrup and any toppings add calories and possibly fat. Try topping pancakes with fresh fruit for added fiber and flavor for only a few calories.

Nutrition Information makes 6 servings (2 pancakes per serving)

Per Serving

Calories: 190
Fat: 4 g
Carbohydrate: 32 g
Protein: 7 g
Fiber: 2 g
Sodium: 510 mg



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