

Fruity Pancakes

by Lindsey Sexton - September 16, 2020



Serves 4



Ingredients



Directions



Nutritional Information



- 1 1/3 cups whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 egg, large
- 3 teaspoons brown sugar (1 Tablespoon, packed)
- 1 1/3 cups buttermilk, 1%
- 1 tablespoon oil
- 1 cup sliced fresh or thawed fruit

1. Preheat griddle. In medium bowl, stir or sift dry ingredients together.
2. In a separate bowl, beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened; batter should be slightly lumpy.
3. Pour 1/4 cup batter for each pancake onto sprayed or seasoned hot griddle.
4. Flip the pancake when bubbles appear on surface; turning only once.
5. Top with 1/4 cup fruit and serve immediately.

Calories 250

Fat 6g

Protein 10g

Carbohydrate 42g

Fiber 6g

Sodium 510mg

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