

Whole Grain Pancakes

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Oatmeal Pancakes with Applesauce Topping

1 ½ cups hot milk or 1 ½ cups hot water with 1/3 cup dry milk
¾ cup old-fashioned oatmeal
2 eggs, separated
2 Tbsp. vegetable oil
2 Tbsp. molasses
1 cup all-purpose flour or 1 cup whole wheat flour
¾ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. baking soda
¼ tsp. salt
1 can applesauce for topping

In a large bowl, combine milk and oatmeal; let stand for 5 minutes. Separate eggs; beat egg whites until soft peaks form; Stir egg, oil and molasses into milk and oatmeal mixture. Combine dry ingredients; stir into oatmeal mixture. Fold egg whites gently into batter. Pour batter by ¼ cupfuls onto a hot greased griddle. Cook until bubbles form; turn and cook until browned on other side. Serve warm with applesauce.

Yield: 12 4-inch pancakes



Buttermilk Cornmeal Pancakes

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| 1 ½ cups yellow cornmeal | ½ tsp. salt |
| 1 cup all-purpose flour | 2 ½ cups buttermilk |
| 2 Tbsp. sugar | 3 eggs |
| 4 tsp. baking powder | 2 Tbsp. vegetable oil |
| 1 tsp. baking soda | |

In a large bowl, combine dry ingredients. Combine buttermilk, eggs and oil. Mix liquid ingredients quickly into the dry ingredients. Do not over beat. Pour batter by ½ cupfuls onto a hot greased griddle. Cook until bubbles form; turn and cook until browned on other side. Serve warm with syrup.

Yield: 15 4-inch pancakes

Whole Wheat Pancakes

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| 1 1/3 cup whole wheat flour | 1/4 tsp. salt |
| 1 egg | 1 Tbsp. brown sugar |
| 1 1/2 tsp. baking powder | 1/4 tsp. baking soda |
| 1 1/3 cup buttermilk | 1 Tbsp. oil |

Preheat griddle. In medium bowl, combine dry ingredients. Beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened; batter should be slightly lumpy. Pour 1/4 cup batter for each pancake onto sprayed or seasoned hot griddle. Flip the pancake when bubbles appear on surface; turn only once.

Yield: 12 4-inch pancakes

This material was funded by USDA's Food Stamp Program.

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