Cornell University
Cooperative Extension
Steuben County

3 Pulteney Square East
Bath, New York 14810-1557
Phone: 607.664-2300
Fax: 607.664.2303
E-mail: steuben@cornell.edu
www.cce.cornell.edu/steuben

Whole Wheat Pancakes

Makes ten 4-inch pancakes

Ingredients

1 egg

¾ cup skim milk

2 tablespoons vegetable oil

1 cup whole wheat flour

1 tablespoon brown sugar

½ teaspoon salt

1 tablespoon baking powder

Instructions

1. In a large mixing bowl, beat egg.
2. Add remaining ingredients and stir with a spoon or whisk until batter is smooth.
3. Heat griddle or frying pan over medium-high heat. Pan is ready when a few drops of water bounce around.
4. Pour batter from a large spoon (about ¼ cup per pancake); turn when puffed and full of bubbles, cooking second side until golden brown.
5. With a spatula, lift pancake from the griddle to a serving plate.

Nutrition Facts

Serving Size (41g)

Servings Per Container

Amount Per Serving

Calories	80	Calories from Fat	30
			% Daily Value *
Total Fat 3.5g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 135mg			6%
Total Carbohydrate 12g			4%
Dietary Fiber 2g			4%
Sugars 3g			
Protein 24g			
Vitamin A	2%	Vitamin C	0%
Calcium	10%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Muffins & More, Cornell Cooperative Extension

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