



# Pancakes

Makes: 20+ child servings [30 x 4" (10 cm) pancakes]

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 cups	whole wheat flour	500 mL
4 tsp	baking powder	20 mL
½ cup	quick cooking oats	125 mL
2 ⅔ cups	milk	650 mL
2	eggs, beaten	2
2 tbsp	vegetable oil	30 mL
2 tbsp	maple syrup or sugar	30 mL
Optional:	fruit, fresh or frozen cinnamon, ground	

## Instructions

1. In a large bowl, combine flour, baking powder, oats, and cinnamon (optional).
2. In a separate bowl, combine milk, eggs, oil, and maple syrup (or sugar).
3. Make a well in the dry ingredients and pour in the wet ingredients. Stir until just combined.
4. Gently fold in fruit (if using).
5. Lightly oil griddle or frying pan and heat to medium-high.
6. Ladle batter onto cooking surface [45 mL (3 tbsp) per pancake].
7. Cook on first side until bubbles appear on the top. Flip and cook until golden brown. If pancakes start to burn, reduce temperature.
8. Serve right away or keep warm in 250°F (130°C) oven.

Nutrition Information	
Serving 1 Pancake (40 g)	
<b>Calories</b>	70
<b>Fat</b>	2 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	65 mg
<b>Carbohydrates</b>	10 g
	Fibre 1 g
	Sugars 2 g
<b>Protein</b>	3 g
	Calcium 100 mg
	Iron 1 mg

### Food Guide Servings

½ Grain Product

*Note:* Do not cover pancakes while being kept warm in oven or they will get soggy.