

Whole Grain Pancakes

Serves 4

Ingredients:

1 cup whole wheat flour
½ cup rolled oats
¼ cup cornmeal
3 tablespoons flaxseed meal*
3 tablespoons brown sugar
1 teaspoon baking powder
½ teaspoon baking soda
1 egg, beaten
2 cups buttermilk
Cooking spray



Directions:

1. In a large bowl, combine whole wheat flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder, and baking soda. Pour in buttermilk and egg. Stir until evenly mixed.
2. Heat a large skillet over medium heat and spray with cooking spray.
3. Drop batter by large spoonful onto skillet, cooking until bubbles form on the edges.
4. Flip and cook until browned on other side.
5. Repeat until batter is gone.

*Also called *ground* flaxseed, flaxseed meal is located in the baking aisle. It can also be found in bulk bins in your local grocery or health food store. Compare prices and go for the more cost-effective option!

Nutrition Information per serving (2 Pancakes):

Calories: 306, Total Fat: 5.9g, Saturated Fat: 1.5g, Unsaturated Fat: 4.4g, Cholesterol: 51.5mg, Sodium: 440mg, Carbohydrate 53.2g, Fiber: 6.5g, Sugar: 16.3g, Added sugar: 9g, Protein: 12.7g

SOURCE: <https://www.allrecipes.com/recipe/186802/whole-grain-pancakes/#nutrition>
