

# Light as a Feather Whole Wheat Pancakes

Makes: 12 Servings

## Ingredients

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

1 **tablespoon** brown sugar

1 **1/3 cups** buttermilk, 1%

1 **tablespoon** oil

## Directions

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; turn only once.

## Notes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>80</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	15 mg
<b>Sodium</b>	<b>170 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Note: Modification to

**Source:** Original Publicaiton: FN695, "Now Serving Whole Grains".North Dakota State University Extension Service Recipe link.