

Oven-Baked Three-Grain Pancakes

Meal Components: Grains

Breads, Breakfast, A-06B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched buckwheat flour	5 oz	1 cup	10 oz	2 cups	<ol style="list-style-type: none"> Combine flours, wheat bran, baking powder, sugar, salt, eggs, oil, and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Wheat bran	5 oz	1 cup	10 oz	2 cups	
baking powder		2 Tbsp		1/4 cup	
Sugar	2 oz	1/4 cup	4 oz	1/2 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Vegetable oil		1/4 cup		1/2 cup	

2. Mix for 1 minute on medium speed until batter is smooth.
3. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes
5. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
6. No CCP necessary.

Notes

Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Serving	Yield	Volume
1 piece provides the equivalent of 1 slice bread.	25 Servings: 2 lb 9 oz 50 Servings: 5 lb 2 oz	25 Servings: 1 quart 1 cup (batter) 1 half-sheet pan 50 Servings: 2 quarts 2 cups (batter) 2 half-sheet pans

Nutrients Per Serving					
Calories	98	Saturated Fat	1 g	Iron	1 mg
Protein	4 g	Cholesterol	20 mg	Calcium	128 mg
Carbohydrate	16 g	Vitamin A	89 IU	Sodium	295 mg
Total Fat	3 g	Vitamin C		Dietary Fiber	4 g