

## Gingerbread Pancakes

*This recipe is a good source of calcium, which keeps bones and teeth strong.*

### Ingredients:

- 1/2 cup **all-purpose flour**
- 1/2 cup **whole wheat flour**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **baking soda**
- 2 teaspoons **pumpkin pie spice**
- 1 **egg**
- 2 tablespoons **molasses**
- 1 tablespoon **vegetable oil**
- 1 cup low-fat **buttermilk**

### Directions:

1. Mix dry ingredients in a bowl.
2. In another bowl, beat egg. Stir in molasses, oil, and buttermilk.
3. Pour milk mixture into dry ingredients; stir together lightly.
4. Bake on a hot, lightly greased or buttered griddle.
5. Store leftover batter in refrigerator for up to 1 day.

### Tips:

- No pumpkin pie spice? Make your own using these ingredients:
  - 1/2 teaspoon ground ginger
  - 1/2 teaspoon cinnamon
  - 1/8 teaspoon ground cloves

<b>Nutrition Facts</b>			
Serving Size 1 pancake (118g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 200	<b>Calories from Fat</b> 50		
% Daily Value*			
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 50mg			<b>17%</b>
<b>Sodium</b> 530mg			<b>22%</b>
<b>Total Carbohydrate</b> 33g			<b>11%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 9g			
<b>Protein</b> 7g			
Vitamin A 2%	•	Vitamin C 2%	
Calcium 10%	•	Iron 10%	
*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	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

**4 pancakes,  
1 per serving**

Source: Marjorie Braker, 2002. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>