

Favorite Pancakes

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

Ingredients:

- 1 1/4 cups **all-purpose flour**
- 1 tablespoon **baking powder**
- 1 tablespoon **sugar**
- 1/2 teaspoon **salt**
- 1 cup **low-fat milk** (or reconstituted nonfat dry milk)
- 2 tablespoons **vegetable oil**
- 2 tablespoons **water**

Directions:

1. Mix dry ingredients together in medium bowl.
2. Combine milk, oil, and water; add to dry ingredients.
3. Stir just until moistened.
4. Bake on hot, greased griddle.
5. Pancakes are ready to turn when tops are bubbly all over, a few bubbles have burst, and the edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once.
6. Continue to bake until bottoms are brown and dry.

Tips:

Try adding fresh bananas or blueberries to the batter before cooking.

Nutrition Facts	
Serving Size 1 pancake (121g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 620mg	26%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 6g	
Vitamin A 2%	• Vitamin C 0%
Calcium 25%	• 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: 2000. Adapted from Oregon EFNEP curriculum by Janince Smiley, OSU Extension Service, Washington County. For more recipes and other resources for eating well, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)

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