

Wheat and Oat Pancakes

When setting goals for healthier eating, choose small changes that will work for you - like making time for breakfast. This quick and delicious recipe will have you looking forward to morning!



Ingredients:

1 cup	All-purpose flour	250 mL
½ cup	Wheat germ	125 mL
½ cup	Quick cooking oatmeal	125 mL
1 Tbsp	Granulated sugar	15 mL
1 Tbsp	Baking powder	15 mL
¼ tsp	Salt	1 mL
1	Egg	1
2 Tbsp	Canola oil	30 mL
2 cups	1% milk	500 mL

Directions:

1. In a medium bowl, combine flour, wheat germ, oatmeal, sugar, baking powder and salt, set aside.
2. In a small bowl beat egg, mix in oil and milk.
3. Add egg mixture to flour mixture.
4. Stir, but do not over mix. If pancake batter is too thick, add more milk (1-2 Tbsp).
5. Drop batter by spoonful onto lightly greased hot pan. When bubbles appear and edges begin to dry, turn pancakes to brown other side.

Makes 12 servings (58 g)

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Nutrition Facts	
Per 1/12 of recipe (58 g)	
Amount	% Daily Value
Calories 120	
Fat 4 g	6 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 15 mg	
Sodium 160 mg	7 %
Carbohydrate 16 g	5 %
Fibre 1 g	4 %
Sugars 4 g	
Protein 5 g	
Vitamin A	4 %
Vitamin C	0 %
Calcium	15 %
Iron	8 %

Nutrient Claim	Amount per serving
Low in saturated fat	0.5 g
Low in potassium	133 mg
Source of calcium	140 mg
Source of magnesium	19 mg
High in folate	36 mcg
Source of iron	1.1 mg
Low in saturated fat	0.5 g

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Product) according to the Alberta Nutrition Guidelines.