



HARVEST OF THE MONTH

Ingredient: Grains

Whole Wheat Pancakes

PREP TIME:	5 minutes
COOK TIME:	20 minutes
TOTAL TIME:	25 minutes
SERVINGS:	12 – 14 pancakes
AUTHOR:	Adapted from sallysbakingaddiction.com

INGREDIENTS

2 c whole wheat flour
2 tsp baking powder
½ tsp baking soda
½ tsp salt
½ tsp cinnamon
2 tbsp sugar
1 c plain yogurt
1 ¼ c milk
2 eggs
3 tbsp oil
Butter or cooking spray (for pan)

INSTRUCTIONS

1. In a large bowl, whisk the dry ingredients together.
2. In another bowl, whisk the wet ingredients together, then add the wet ingredients to the dry ingredients. Stir to combine, making sure there are no patches of dry flour at the bottom of the bowl.
3. Heat a griddle or large skillet over medium heat. Coat with butter or nonstick cooking spray. Once the pan is hot, pour in ¼ c batter, and cook until the edges look set, about 2 minutes. Flip and cook until the other side is cooked through, about 1-2 minutes. Coat the pan with more butter or nonstick spray for each batch of pancakes, if needed.
4. Serve warm with toppings of your choice, like yogurt, fruit, or granola!