



Pancakes

USDA Recipe for CACFP

These aren't your typical flapjacks! A scrumptious blend of whole-wheat flour with non-fat dry milk, eggs, vanilla, and cinnamon. They are a great way to start to your day!

CACFP CREDITING INFORMATION

1 pancake provides 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	1 Combine flour, cinnamon, baking powder, salt, dry milk, and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
Cinnamon		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Baking powder		2 Tbsp		$\frac{1}{4}$ cup	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Instant nonfat dry milk	1 $\frac{1}{4}$ oz	$\frac{1}{3}$ cup	2 $\frac{1}{2}$ oz	$\frac{2}{3}$ cup	
Sugar	1 $\frac{1}{8}$ oz	$\frac{1}{8}$ cup	2 $\frac{1}{4}$ oz	$\frac{1}{4}$ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	7 oz	¾ cup 1 Tbsp 1 tsp	14 oz	1 ½ cups 2 Tbsp 2 tsp	<p>2 Combine eggs, vanilla, water, and oil in a large bowl. Stir well.</p>
Vanilla extract		½ tsp		1 tsp	
Water		2 ⅔ cups		1 qt 1 ⅓ cups	
Canola oil	3 oz	⅓ cup	6 oz	⅔ cup	<p>3 Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.</p> <p>For 25 servings, mix for 1–2 minutes on medium speed. For 50 servings, mix for 2–3 minutes on medium speed.</p>
					<p>4 Lightly coat griddle surface with pan-release spray. Heat griddle to 375 °F.</p>
					<p>5 Portion batter with No. 20 scoop (3 Tbsp 1 tsp) onto hot griddle.</p>
					<p>6 Cook until surface of pancake is covered with bubbles and bottom side is lightly browned for approximately 2 minutes.</p>
					<p>7 Turn pancake and cook until lightly browned on other side for approximately 1 minute.</p>
					<p>8 Transfer to a steam table pan (12" x 20" x 2 ½").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 1 pan.</p>
					<p>9 Critical Control Point: Hold for hot service at 140 °F.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					10 Serve 1 pancake.
Variation: Fresh banana, whole, pureed	4 oz	¼ cup 2 Tbsp 1 ½ tsp	8 oz	¾ cup 1 Tbsp	11 Variation: Fold in fruit after step 3. Stir gently. Continue with step 4.
AND					
Applesauce, unsweetened	8 oz	1 cup	1 lb	2 cups	
OR					
Variation: Fresh blueberries, slightly crushed	8 oz	1 ½ cups	1 lb	3 cups	



NUTRITION INFORMATION

For 1 pancake.

NUTRIENTS	AMOUNT
Calories	116
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	32 mg
Sodium	198 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	13 IU
Calcium	48 mg
Iron	0 mg
Potassium	104 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 2 lb 12 oz	About 5 lb 8 oz
About 1 qt 1 ½ cups/25 pancakes	About 2 qt 3 cups/50 pancakes

