

# Whole Wheat Pancakes

Enjoy the fluffy and wholesome whole wheat pancakes with an added fall spice that starts your day off right!

## CACFP Crediting Information:

1 pancake provides 1 oz eq grains.



**Preparation Time: 15 minutes**

**Cooking Time: 20 minutes**

**Makes: 6 servings**

## Ingredients

- 1 cup (about 4 oz) whole wheat flour
- 2 Tbsp sugar
- 1 ½ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 5 fl oz buttermilk, low fat
- ¼ cup (2 oz) vegetable oil
- 1 egg
- ½ tsp vanilla extract

## Directions

- 1 Whisk flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg together in a large mixing bowl.
- 2 Whisk buttermilk, oil, egg, and vanilla extract together in a separate bowl.
- 3 Add the buttermilk mixture to the dry ingredients and stir until smooth. (The mixture will be thick; do not add more buttermilk).
- 4 Heat a 12-inch nonstick skillet over medium heat and spray with a pan release spray.
- 5 Using a ¼ cup dry measuring cup or 2 oz ladle, portion 2 oz of batter onto the hot griddle, making 4 ½ inch pancakes.
- 6 Cook pancakes until edges are set, and bubbles develop on the surface, about 2-3 minutes.
- 7 Using a spatula, flip pancakes. Continue to cook second side for 1 to 2 minutes, until golden brown.  
**Critical Control Point:**  
Heat to 165 °F or higher for 15 seconds.  
Hold for hot service at 140 °F or higher.
- 8 Serve immediately. Serve 1 pancake.

## NUTRITION INFORMATION

For 1 pancake

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>191</b>
<b>Total Fat</b>	11 g
Saturated Fat	1 g
<b>Cholesterol</b>	32 g
<b>Sodium</b>	321 mg
<b>Total Carbohydrate</b>	20 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars	N/A
<b>Protein</b>	5 g
Vitamin A	59 IU
Vitamin C	0 mg
Calcium	110 mg
Iron	1 mg

N/A=no information available

### Source:

USDA Standardization Recipe Project - 2024

## NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.