



## Whole Wheat Pancakes

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

**Preparation Time:** 30 minutes

**Cook Time:** 40 minutes

**NSLP/SBP Crediting Information:**

1 pancake provides 1 oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	2 lbs	2 qt	4 lbs	1 gal	<b>1</b> Whisk flour, sugar, baking powder, baking soda, salt, and spices in a commercial mixer. Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer.
Sugar, granulated	8 oz	1 cup	1 lb	2 cups	
Baking powder		¼ cups		½ cup	
Baking soda		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cinnamon		2 tsp		1 Tbsp 1 tsp	
Nutmeg		2 tsp		1 Tbsp 1 tsp	
Buttermilk, low-fat		1 qt 1 cup		2 qt 2 cups	<b>2</b> Whisk buttermilk, oil, and eggs together in a large mixing bowl.
Oil, vegetable		2 cups		1 qt	<b>3</b> Add the buttermilk mixture to the dry ingredients and mix on medium speed until smooth, about 2 minutes. (The mixture will be thick, do not add more buttermilk).
Eggs, frozen whole eggs, thawed	1 lb	8 eggs	2 lbs	16 eggs	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>4</b> Heat griddle or a tilt skillet to medium-high heat and spray with a pan release spray.
					<b>5</b> Use a No. 16 scoop to portion 2 ounces of batter onto the hot griddle, making 4 ½ inch pancakes.
					<b>6</b> Cook pancakes until edges are set, and bubbles develop on the surface, about 2-3 minutes.
					<b>7</b> Use a wide spatula and flip pancakes. Continue to cook until the second side is golden, about 1-2 minutes. Do not pat pancakes. <b>Critical Control Point:</b> Heat to 165 °F or higher for 15 seconds.
					<b>8</b> Transfer pancakes to a pan for hot holding. <b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.
					<b>9</b> Hold until service. Serve 1 pancake.



## NUTRITION INFORMATION

For 1 pancake

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>183</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	1 g
<b>Cholesterol</b>	<b>30 g</b>
<b>Sodium</b>	<b>308 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin A	56 IU
Vitamin C	0 mg
Calcium	105 mg
Iron	1 mg

N/A=no information available

### Source:

USDA Standardized Recipes - 2024

## NOTES

Cooking Process #2: Same Day Service.

The food safety temperatures are based on the FDA Food Code. Some information included 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.

## YIELD/VOLUME

50 Servings	100 Servings
About 6 lbs 12 oz	About 13 lbs 8 oz
About 50 pancakes 1 full steam table pans (12" x 20" x 2 1/2").	About 100 pancakes 2 full steam table pans (12" x 20" x 2 1/2").