



# Pancakes

## USDA Recipe for Schools

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!

**NSLP/SBP CREDITING INFORMATION**  
**1 pancake provides 1 oz equivalent grains.**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	2 lb	1 qt 3 ½ cups	4 lb	3 qt 3 cups	<b>1</b> 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		½ tsp		1 tsp	
Baking powder		¼ cup		½ cup	
Salt		1 tsp		2 tsp	
Instant nonfat dry milk	2 ½ oz	⅔ cup	5 oz	1 ⅓ cups	
Sugar	2 ¼ oz	¼ cup	4 ½ oz	½ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	14 oz	1 ½ cups 2 Tbsp 2 tsp	1 lb 12 oz	3 ¼ cups 1 Tbsp 1 tsp	<b>2</b> Combine eggs, vanilla, water, and oil in a large bowl. Stir well.
Vanilla extract		1 tsp		2 tsp	
Water		1 qt 1 ½ cups		2 qt 2 ⅔ cups	
Canola oil	6 oz	⅔ cup	12 oz	1 ⅓ cups	<b>3</b> Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.  For 50 servings, mix for 2–3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.
					<b>4</b> Lightly coat griddle surface with pan-release spray. Heat griddle to 375 °F.
					<b>5</b> Portion batter with No. 20 scoop (3 Tbsp 1 tsp) onto hot griddle.
					<b>6</b> Cook until surface of pancake is covered with bubbles and bottom side is lightly browned for approximately 2 minutes.
					<b>7</b> Turn pancake and cook until lightly browned on other side for approximately 1 minute.
					<b>8</b> Transfer to a steam table pan (12" x 20" x 2 ½").  For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					<b>9</b> Critical Control Point: Hold for hot service at 135 °F.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>10</b> Serve 1 pancake.
Variation: Fresh banana, whole, pureed	8 oz	$\frac{3}{4}$ cup 1 Tbsp	1 lb	1 $\frac{1}{2}$ cups 2 Tbsp	<b>11</b> Variation: Fold in fruit after step 3. Stir gently. Continue with step 4.
AND					
Applesauce, unsweetened	1 lb	2 cups	2 lb	1 qt	
OR					
Variation: Fresh blueberries, slightly crushed	1 lb	3 cups	2 lb	1 qt 2 cups	



**NUTRITION INFORMATION**

For 1 pancake.

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

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

**YIELD/VOLUME****50 Servings**

About 5 lb 8 oz

About 2 qt 3 cups/50 pancakes

**100 Servings**

About 11 lb

About 1 gal 1 qt 2 cups/100 pancakes

