

WHOLE GRAIN PANCAKES

PREP TIME: 10 minutes
TOTAL TIME: 25 minutes
+ standing time

Makes 16

Keep pancakes warm in a 250°F oven. You can also use the batter to make 8 waffles (7" diameter).

$\frac{3}{4}$ c whole wheat flour
 $\frac{1}{2}$ c old-fashioned rolled oats
 $\frac{1}{2}$ c cornmeal

$1\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp baking soda
 $1\frac{1}{4}$ c buttermilk
2 lg eggs
1 lg egg white
2 Tbsp brown sugar

1. Whisk together flour, oats, cornmeal, baking powder, baking soda, and $\frac{1}{4}$ tsp salt in large bowl until well combined. In another bowl, whisk together buttermilk, eggs, egg white, and sugar. Stir into dry ingredients

until just combined. Let stand 15 minutes.
2. Heat cast-iron skillet or griddle coated with cooking spray over medium heat. For each pancake, drop a scant $\frac{1}{4}$ cup batter onto hot surface and cook until bubbles form on top and underside is golden, about 2 minutes. Flip and cook until underside is golden, 1 to 2 minutes longer.

NUTRITION (per pancake)
65 cal, 3 g pro, 11 g carb,
1 g fiber, 1 g fat, 0.5 g sat fat,
154 mg sodium

Quick Berry Sauce for Pancakes

Makes 1 cup

Puree in blender $1\frac{1}{2}$ cups thawed frozen unsweetened mixed berries, 2 Tbsp pure maple syrup, and 1 Tbsp fresh lemon juice.

