

Tips from the Kitchen

Choose from breakfast meats such as ham, bacon, sausage, Canadian ham or veggie sausage.

****Be sure to heat up your syrup.** I like to buy a bottle of real maple syrup and a bottle of lite “fake” syrup and mix them. This cuts costs but also gives the flavor of the real maple syrup.

****Fruit is up to you too - I like to do ½ grapefruit or orange slices, but berries, peaches, bananas or anything you have on hand works.**

Any leftover pancakes can be reheated for breakfast.

[Recipe and Picture from Better Homes and Gardens New Cook Book](#)

25 Minute Meal



On the Menu Tonight: Breakfast Pancakes

With breakfast meat and fresh fruit



Ingredients:

1 cup all-purpose flour
¾ cup whole wheat flour
2 Tbsp sugar
2 tsp baking powder
½ tsp baking soda
¼ tsp salt
1 egg, lightly beaten
1 ½ cups buttermilk or sour milk*
3 Tbsp canola oil

*Tip:

To make 1 ½ cups sour milk, place 4 ½ tsp lemon juice or vinegar in a 2-cup glass measuring cup. Add enough milk to make 1 ½ cups total liquid; stir. Let stand for 5 minutes before using.

Directions:

In a large bowl stir together all-purpose flour, whole wheat flour, sugar, baking powder, baking soda, and salt. In a medium bowl use a fork to combine egg, buttermilk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy). If desired, stir in desired add-ins.

For standard-size pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet, spreading batter if necessary. For dollar-size pancakes, use about 1 tablespoon batter. Cook over medium heat for 1 to 2 minutes on each side or until pancakes are golden brown, turning over when pancakes have bubbly surfaces and edges are slightly dry. Serve warm. If desired, top with syrup and/or Topping Options.

Makes 12 servings

Nutrition Info:

Per serving: 120 kcal cal., 4 g fat (1 g sat. fat, 2 g polyunsaturated fat, 1 g (monounsaturated fat), 17 mg chol., 200 mg sodium, 17 g carb., 1 g fiber, 4 g sugar, 4 g pro.

Fruit Options:

Stir one of the following fruits into the pancake batter: 1/2 cup chopped fresh apple, apricot, banana, peach, nectarine, or pear; 1/2 cup fresh or frozen blueberries; or 1/4 cup chopped dried apple, pear, apricot, raisins, currants, dates, cranberries, blueberries, cherries, or mixed fruit.

Other Add-Ins:

Stir 1/2 cup chopped nuts, shredded sweetened coconut, or granola into the pancake batter. For spiced pancakes, stir 1/4 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, and 1/8 teaspoon ground cloves into the pancake batter.

Grocery List

Baking Goods

- 2 cup all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- 4 tablespoons sugar
- 1 1/2 cup whole wheat flour

Dairy

- 3 cups buttermilk or sour milk*
- 2 egg, lightly beaten
- Light butter

Meat

- 1 pound bacon, Canadian bacon, sausage links or patties, 4 eggs or vegetarian option

Miscellaneous

- Syrup (one bottle of real maple syrup and one bottle “lite” syrup)
- Desired fruit options or other add-ins (optional - see recipe)
- Desired syrup and/or topping options (optional - see recipe)

Oils and Dressings

- 6 tablespoons canola oil

Produce

- Fruit of choice - cantaloupe, oranges, grapefruit, kiwi, berries

Spices and Seasonings

- 1/2 teaspoon salt

*sour milk is made with regular milk and lemon juice added