

STRAWBERRY PANCAKES



Looking for a meal that is quick, budget-friendly & crowd-pleasing? Look no further than pancakes for breakfast, lunch, or dinner! Just add eggs & yogurt for a full meal. If you use a mix instead, just look for these things: 1. 100% whole wheat OR a 3g of fiber per serving 2. Sugar content under 9g per serving



Ingredients

- 1 pint strawberries
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 Tbsp baking powder
- 1.5 Tbsp sugar
- 1/2 tsp salt
- 1 large egg
- 1 cup non-fat milk
- 2 Tbsp canola oil
- Light pancake syrup
- Non-stick cooking spray

Directions

Modified from georgia4h.org

1. Begin by washing hands. Then wash strawberries in cool water. Hull with knife or straw & dice. Set aside.
2. Mix the flours, baking powder, sugar, and salt in a medium mixing bowl.
3. Break egg into small bowl. Wash hands immediately, then beat egg with fork. Add milk and oil to the egg and stir well.
4. Add egg mixture to the dry ingredients. Stir with mixing spoon until all ingredients are moistened and combined. Do not over mix. Add 1 cup diced strawberries. Fold in gently.
5. Lightly spray griddle with non-stick spray. Heat over medium heat until hot but not smoking. Pour 1/4 cup of batter (or 1 Tbsp for mini pancakes) onto griddle for each pancake.
6. After 2-3 minutes, when top begins to bubble and the edges start to get firm and slightly brown, flip pancakes. Continue to cook until both sides are lightly brown.
7. Serve warm with remaining strawberries & 2 Tbsp light syrup per serving.

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