

Favorite Pancakes

1 1/4 cups sifted all-purpose flour	2 Tablespoons oil or melted shortening
3 teaspoons baking powder	2 Tablespoons water
1 Tablespoon sugar	Non-stick spray or oil
1 cup milk	

Sift dry ingredients together. Combine milk, oil, and water. Add to dry ingredients, stirring just until moistened. Spray griddle (or other pan with a flat bottom) with a non-stick spray, or lightly oil. Turn on the burner to preheat the griddle or pan. Pour about 1/4 cup of batter onto the griddle for one pancake. Cook until the uppersides of pancakes are bubbly all over, a few bubbles have burst and edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once.

Serving Suggestion: Serve Favorite Pancakes with fruit-flavored low-fat yogurt or Brown Sugar Syrup. Add a glass of low-fat milk and a fruit salad to complete the meal.

Brown Sugar Syrup

1 pound (2 cups) light brown sugar
1 1/2 cups water
1/2 teaspoon vanilla, if desired

Bring sugar and water to a boil in a saucepan stirring occasionally. Reduce heat and simmer 3 minutes. Remove from heat and stir in vanilla, if desired.

Nutrition Facts

Servings Per Recipe 8 (4-inch) pancakes
Amount Per Serving (using skim milk)

Calories 120	28% of total calories from fat
TotalFat 4g	Sodium 143mg
*Vitamin A 2%	*Vitamin C 0%
*Calcium 6%	*Iron 3%

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Nutrition Facts

Servings Per Recipe 8 (1/4 cup each)
Amount Per Serving

Calories 206	0% of total calories from fat
TotalFat 0g	Sodium 17mg
*Vitamin A 0%	*Vitamin C 0%
*Calcium 5%	*Iron 10%

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