

pancakes FOUR WAYS

Basic pancakes are always awesome, but shake things up a bit by trying one of our four exciting variations.

START TO FINISH 25 minutes

- 1¾ cups all-purpose flour
- 2 Tbsp. granulated sugar
- 1 Tbsp. baking powder
- ¼ tsp. salt
- 1 egg, lightly beaten
- 1½ cups milk
- 3 Tbsp. vegetable oil
- Butter (optional)
- Desired syrup (optional)

1. In a large bowl stir together flour, granulated sugar, baking powder, and salt. In a medium bowl combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy).

2. For standard-size pancakes, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. Spread 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. Turn over when surfaces are bubbly and edges are slightly dry. Serve warm. If desired, top with butter and/or serve with syrup. **Makes 12 servings.**

PER SERVING 126 cal., 5 g fat (1 g sat. fat), 18 mg chol., 192 mg sodium, 18 g carb., 0 g fiber, 3 g pro.

1.

2.



1. BERRY-CORNMEAL PANCAKES

Prepare as directed, except use 1 1/4 cups all-purpose flour and add 1/2 cup cornmeal. Stir 1/2 cup fresh raspberries into batter. Top with butter, additional fresh raspberries and/or sliced fresh strawberries, and raspberry or strawberry syrup.

PER SERVING 223 cal., 9 g fat (3 g sat. fat), 28 mg chol., 233 mg sodium, 34 g carb., 2 g fiber, 4 g pro.

2. CHOCOLATE-BANANA PANCAKES

Prepare as directed, except stir 1/2 cup sliced banana and 1/2 cup miniature semisweet chocolate pieces into batter. Top with additional sliced bananas and chocolate-flavor syrup.

PER SERVING 227 cal., 6 g fat (2 g sat. fat), 18 mg chol., 205 mg sodium, 38 g carb., 2 g fiber, 4 g pro.

3. PUMPKIN-CRANBERRY PANCAKES

Prepare as directed, except increase all-purpose flour to 2 cups, use packed brown sugar instead of granulated sugar, and increase eggs to 2. Stir 1/2 cup canned pumpkin, 1/4 cup dried cranberries, and 1 1/2 teaspoons pumpkin pie spice into batter. Top with whipped cream and caramel-flavor ice cream topping.

PER SERVING 240 cal., 8 g fat (3 g sat. fat), 44 mg chol., 256 mg sodium, 38 g carb., 1 g fiber, 4 g pro.

4. APPLE-BACON PANCAKES

Prepare as directed, except substitute whole wheat flour for the all-purpose flour and packed brown sugar for the granulated sugar. Stir 1/2 cup chopped apple, 1/4 cup crumbled cooked bacon, and 1 teaspoon ground cinnamon into batter. Top with sautéed apple slices, crumbled cooked bacon, and maple syrup.

PER SERVING 239 cal., 9 g fat (2 g sat. fat), 30 mg chol., 377 mg sodium, 33 g carb., 2 g fiber, 8 g pro.

3.



Best Served Warm

Keep finished pancakes warm by placing them in a single layer on a large baking sheet in a 200°F oven while you're cooking the rest of the batch.

4.

