



## Whole Wheat Buttermilk Pancakes

Serving Size: 2 pancakes per serving

Makes 6 servings

### Ingredients:

3/4 cup all-purpose flour

3/4 cup whole wheat flour 3 Tbsp. sugar

1 1/2 tsp. baking powder

1/2 tsp. baking soda 1/2 tsp. salt

1 1/2 cups low-fat buttermilk

1 Tbsp. vegetable oil

1 large egg

1 large egg white

Cooking spray



### Directions:

1. Spoon flours into dry measuring cups; level with knife
2. Combine flours, sugar, baking powder, baking soda and salt in large bowl; stir with whisk.
3. In separate bowl, combine buttermilk, oil, egg and egg white; stir with whisk.
4. Add buttermilk mixture to flour mixture; stir until just moist
5. Heat nonstick griddle or nonstick skillet coated with cooking spray over medium heat.
6. Spoon about 1/4 cup batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles and edges look cooked.
7. Serve with your favorite pancake topping. Remember: butter, syrup and any toppings add calories and possibly fat. Try topping pancakes with fresh fruit for added fiber and flavor for only a few calories.

**Nutrition Information per Serving** Calories: 190 Fat: 4 g Carbohydrate: 32 g Protein: 7 g Fiber: 2 g Sodium: 510 mg

**Source:** Cooperative Extension Service, [www.extension.org](http://www.extension.org)



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