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Whole Wheat Berry Pancakes Recipe

Created by



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Whole Wheat Berry Pancakes

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Whole wheat pancakes made with berries.



Prep Time: 10 minutes
Cooking Time: 5 minutes
Serves: 4
Yield 8 pancakes

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Directions
Preheat pan and griddle to medium heat on stove.

Pour in whole wheat flour, and add sugar, double acting baking powder, salt, milk, egg, and cooking oil. Blend until smooth.

Pour thawed berries into mixture, and mix with spoon until berries are evenly folded in. Mixture might change color depending on type of berry.

Grab 1/3 cup measuring cup and use to pour pancakes onto griddle or pan. Wait until bubbles start to form, then flip over pancake.

Stick fork in center of pancake to see if fully cooked. If no pancake residue left over, transfer pancake to a plate.

Repeat steps 4-5 until batter is finished. Serve immediately.
Serving size: Two pancakes per person.



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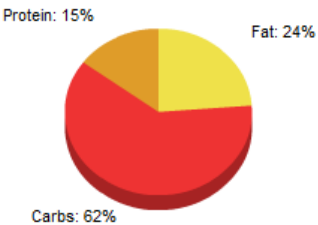


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Nutrition Facts		
Serving Size: 2 pancakes		
Amount per Serving		
Calories 263	Calories from Fat 65.3	
		% Daily Value *
Total Fat 7.25g		11%
Saturated Fat 2.13g		10%
Cholesterol 62.5mg		20%
Sodium 820.63mg		34%
Total Carbohydrate 41g		13%
Dietary Fiber 5g		20%
Sugars 11.5g		
Protein 10g		20%
Est. Percent of Calories from:		
Fat		24%
Carbs		62%
Protein		15%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.</small>		



Percentages calculated from grams

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