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Recipes Whole Wheat Berry Pancakes Recipe

Whole Wheat Berry Pancakes Recipe

Created by



GabyML915 Apr 10, 2010

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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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Ingredients

1 1/4 cups Whole Wheat Flour

1 cup Mixes Berries Frozen

2 tbsp Sugar

2 tsp Double Acting Baking Powder

3/4 tsp Salt

1 cup Whole Milk

1 egg

1 tbsp Cooking Oil

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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.



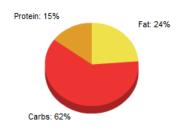
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Nutrition Facts

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%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or low er depending on your calories needs.



Percentages calculated from grams

Categories

Cuisine Type: Breakfast
Course: Breakfast
Cuisine Type: Vegetarian
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