

Whole Wheat Pancakes

1 egg
1 cup of whole wheat flour
1 tablespoon of baking powder
½ teaspoon salt
1 tablespoon sugar

2 tablespoons canola oil
¾ cup of skim milk

Berry Topping
sliced strawberries
Sugar-free raspberry jam

In a small bowl, beat the egg until fluffy. Beat in remaining ingredients just until smooth. Grease a heated griddle if necessary. For each pancake, pour about 3 tablespoons of batter from the tip of a large spoon or from a pitcher onto the heated griddle. Cook until pancakes are puffed and dry around the edges. Then turn and cook until golden brown.

Heat strawberries and jam on the stovetop.

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All of our recipes can be found online at www.uvu.edu/wellnessed

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