

THIS WEEK'S RECIPE

As seen on hdnews.net



Brown Pancake

- 1 ¼ cups whole wheat flour
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup low-fat milk
- 1 tablespoon vinegar
- 1 tablespoon vanilla extract
- ¼ cup margarine or butter, melted
- 1 tablespoon honey
- 1 beaten egg

Note: 1 cup low-fat buttermilk can be used in place of 1 cup milk and vinegar.



1. In medium bowl, stir together whole wheat flour, baking soda and salt.
2. To sour milk, combine milk and vinegar; let stand 5 minutes. In small bowl, using a fork, blend together sour milk, vanilla, margarine or butter, honey and egg.
3. Stir milk mixture into dry ingredients and mix until smooth.
4. Grease skillet or griddle and preheat. Pour ¼ cup batter on hot skillet or griddle.
5. Turn pancakes when bubbles appear and cook until lightly browned.

Per serving (one pancake):
145 cal, 6 g fat, 28 mg chol, 274 mg sodium, 18 g carbo, 2 g fiber, 4 g pro, 11 mcg folate.



Nutrition Facts

Serving Size
(one pancake)

Amount Per Serving
Calories 145 Calories from Fat 6

Total Fat	6g
Cholesterol	28mg
Sodium	274mg
Total Carbohydrate	18g
Protein	4g
Folate.....	11 mcg



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Whole Wheat Flour.....	#11
Baking Soda	#11
Salt	#11
Low-fat Milk	Dairy
Vinegar	#9
Vanilla Extract.....	#1
Margarine Or Butter.....	Dairy
Honey	#10
Egg	Dairy

Cooking With Carla is proudly sponsored by:

