Great Grains Pancakes

Heart-healthy eating involves lots of fiber from whole grains, beans, vegetables, and fruit. Sometimes it is difficult to think of ways to incorporate whole grains into meals, especially when there isn’t a lot of time to cook. This recipe makes light, delicious pancakes that can be put together in a very short period of time, and even stored as a dry mix in the freezer for later use. Just remember to limit the amount of butter and sugary toppings at the table. Opting for low fat yogurt, fresh fruit and a touch of honey or maple syrup can make for a delightful meal.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN

Great Grains Pancakes
Serves: 4
Cook time: 5-10 minutes
Ready in 15-20 minutes

Ingredients
- 1/3 cup rye flour
- 1/6 cup wheat germ
- 1/3 cup whole wheat flour
- ½ cup unbleached white flour
- 1/6 cup cornmeal
- 2 Tbs. sugar
- 2 tsp. baking powder
- 2 tsp. baking soda
- 1 tsp salt
- 2 eggs
- 2 Tbs. canola oil
- 1 tsp. vanilla
- 1 ¼ cup milk
- Optional Ingredients:
  - ¾ cup of your favorite fruit,
  - ½ cup of chopped nuts
  (Add more milk if you add nuts)

Directions
1. Stir together all dry ingredients (can be stored in the freezer for up to 3 months).
2. In a separate bowl, whisk together all the wet ingredients.
3. Pour the dry ingredients into the wet ingredients and beat until just mixed (the batter will be somewhat lumpy).
4. Do NOT over mix!
5. Heat a nonstick griddle over medium heat.
6. Use a non-stick spray or lightly butter the griddle.
7. Pour 1/3 cup of the batter per pancake onto the griddle.
8. Cook until bubbles form and the underside is slightly browned, turn and cook the other side until browned.
9. Repeat for other pancakes.