Pancakes

Ingredients:

- 1 egg, large
- ¾ cup skim milk
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 tablespoon baking powder

Create-a-Flavor Changes

Add your own ideas, too!

- **Buttermilk Pancakes.** Substitute 1 cup buttermilk for the milk. Decrease amount of baking powder to 1 teaspoon and add ½ teaspoon baking soda.
- **Whole Wheat Pancakes.** Substitute whole wheat flour for the all-purpose flour. Substitute brown sugar for granulated sugar.
- **Buckwheat Pancakes.** Substitute ½ cup buckwheat flour and ½ cup whole wheat flour for all-purpose flour.
- **Apple Pancakes.** Stir ½ cup chopped apple into batter.
- **Blueberry Pancakes.** Stir ½ cup blueberries into batter. Or add them as you go – after the first side cooks, drop a few blueberries onto the uncooked side; flip and continue cooking.
- **Broccoli Pancakes.** Stir ½ cup finely chopped broccoli into batter.

Directions:

1. In a large mixing bowl, beat egg.
2. Add remaining ingredients and stir with a spoon or whisk until batter is smooth.
3. Heat non-stick griddle or frying pan over medium-high heat. Pan is ready when a few drops of water bounce around.
4. Pour batter from a large spoon (about 1/4 cup per pancake); turn when puffed and full of bubbles, cooking second side until golden brown.
5. With a spatula, lift pancake from the griddle to a serving plate.

Yields about 10 servings (One 4-inch pancake per serving)

Source: **Cooking Up Fun! Muffins & More** - Cornell University Cooperative Extension

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Recipe analyzed using **The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.**

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