

Low-Fat Pancakes

Makes 5 servings:

- 1 1/2 cups (375 mL) whole wheat flour
 - 1/2 tsp (2 mL) salt
 - 1 tsp (5 mL) baking powder
 - 1 tbsp (15 mL) sugar
 - 1 egg
 - 1 tbsp (15 mL) oil
 - 1 3/4 cups (450 mL) skim milk
 - 1/2 cup (125 mL) frozen or fresh blueberries
1. Mix together the flour, salt, baking powder and sugar in large bowl.
 2. In medium bowl, beat the egg with a fork. Add the oil and milk, mix well.
 3. Add the egg mixture to the flour mixture and stir until smooth with a wire whisk. If too thick, add more milk.
 4. Cook on a non-stick pan, on medium heat or an electric non-stick pan.
 5. Use about three tablespoons of batter for each pancake.
 6. Once the pancakes form bubbles, turn them over.

Exchanges:
1 1/2 Starch
1 Milk
1/2 Protein
1/2 Fats & Oil
1/2 Sugar

- Excellent source of vitamin B12, vitamin D, niacin, magnesium, phosphorous, riboflavin, thiamin and fibre.
- Good source of calcium, zinc, folate and vitamin B6.

Nutrition Information (per serving)

Calories	219
Protein	10 g
Fat	5 g
Carbohydrate	37 g
Dietary Fibre	5 g