

Whole Wheat Pancakes

Yield: About eight, 4-inch pancakes

Light, fluffy and whole wheat. You can customize each pancake to order with chopped apples and pecans, chopped bananas and walnuts, or blueberries and almonds. Besides the obvious topping of maple syrup, try sliced bananas, strawberries or peaches with a dollop of plain low-fat yogurt and a sprinkling of almonds or granola. Pancakes taste best served hot off the griddle – if you want to serve them all at once, put them on an oven-safe plate in a single layer, uncovered, in a pre-heated 200 degrees F. oven.

Batter:

1 cup whole wheat flour

1 teaspoon baking powder

1/4 teaspoon baking soda

Big pinch salt

1 cup buttermilk

1 large egg or 1/4 cup liquid egg substitute

1 1/2 teaspoons maple syrup

1 1/2 teaspoons melted unsalted butter or canola oil

1/4 to 1/2 cup lowfat milk (not 1 1/2 cups)

Mix-Ins:

Use 1/2 to 1 tablespoon of any of the following ingredients in combination per pancake:

-chopped fruit: apples, bananas, peaches, pears

-berries: blueberries, raspberries, sliced strawberries

-chopped, toasted nuts: almonds, walnuts, pecans, hazelnuts

-chopped dried fruits: apricots, apples, peaches, raisins, figs

-crunchy grains: granola, wheat germ, rolled oats, millet

Maple syrup, or your favorite topping, for serving

In a large bowl, whisk together the whole wheat flour, baking powder, baking soda, and salt. Make a small well in the center of the dry ingredients, and set aside.

In a medium bowl, combine the buttermilk, egg, maple syrup, butter, and milk; whisk until well combined.

Pour the wet ingredients into the well of the dry ingredients; stir just until all the ingredients are combined, but still a bit lumpy. If the batter seems very stiff, thin with a bit more milk. You want 1/4 cup of the batter to spread into a 4-inch diameter pancake on the griddle.

Heat a well-seasoned stove-top griddle or large skillet over medium heat. When hot, wipe quickly with a lightly oiled paper towel or spritz the griddle or skillet (off the heat) with a short burst of no-stick vegetable oil spray. You will probably only need to do this before the first batch of pancakes. Spoon or ladle 1/4 cup of batter onto the hot griddle or pan, leaving at least 2 inches between the pancakes. If using mix-ins, sprinkle over the tops of the pancakes. Cook until the edges begin to set, and – if you peek carefully underneath – the other side is golden, about 2 minutes. Carefully flip the pancakes and continue cooking until the second side is golden and the centers have risen and feel a bit springy to the touch, 1 to 2 minutes more.

Serve with hot maple syrup or other favorite topping.