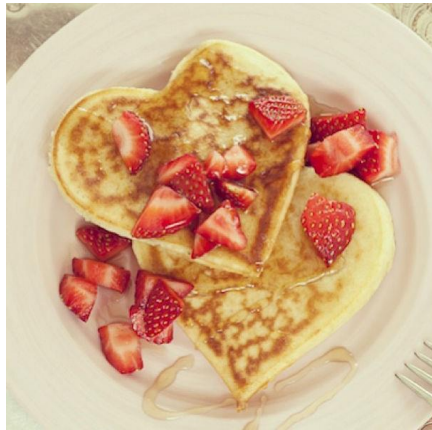


Heart Shaped Wheat Pancakes

<u>Code</u>
\$, Q, V



<u>Nutrition Facts:</u>	
Yield	8 servings
Calories	180
Total Fat	6.5 g
Sat Fat	1 g
Sodium	340 mg
Added Sugar	3 g
Vitamin K	11% DV
Calcium	13% DV
*Nutrition facts are for 1 serving	

Ingredients Needed:

- 3/4 cup all-purpose flour
- 1 cup whole-wheat flour
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 egg, lightly beaten
- 1 1/2 cups buttermilk
- 3 Tbsp. vegetable oil

Recipe Directions:

- In a large bowl stir together all-purpose flour, whole-wheat flour, sugar, baking powder, bakingsoda, and salt.
- In a medium bowl, use a fork to combine egg, buttermilk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened- batter should be slightly lumpy.
- For standard-size pancakes, pour 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet, in heart shapes.
- Cook over medium heat for 1 to 2 minutes on each side or until pancakes are golden brown, turning over when pancakes have a bubbly surface and edges are slightly dry.
- Serve warm, if desired, top with heart shaped strawberries.