

Gingerbread Pancakes

A delicious way to enjoy this classic holiday flavor and eat your whole grains for breakfast.

Makes: 4 Servings (8 Pancakes)

Prep Time: 10 minutes

Cook Time: 20 minutes

Source: FoodHero.org

Ingredients

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1 egg
- 2 Tablespoons molasses
- 1 Tablespoon vegetable oil
- 1 cup low-fat buttermilk

Directions

1. Mix dry ingredients in a bowl.
2. In another bowl, beat egg. Stir in molasses, oil and buttermilk.
3. Pour milk mixture into dry ingredients; stir together lightly.
4. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil.
5. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). For each pancake, pour about 1/4 cup of batter onto the hot griddle.
6. Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.
7. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 Pancakes (4 inches)	
Nutrients	Amount
Calories:	200
Total Fat:	6g
Saturated Fat:	1.5g
Cholesterol:	45mg
Sodium:	530mg
Total Carbohydrates:	33g
Dietary Fiber:	2g
Total Sugars:	11g
Added Sugars:	0g
Protein	7g
Vitamins	% Daily Values
Vitamin A	2%
Calcium	10%
Iron	10%
Vitamin C	2%

Utensils Needed

- Mixing bowls (2)
- Large skillet or griddle
- Spoon
- Spatula
- Measuring cups
- Measuring spoons
- Whisk or fork

SHOPPING LIST

Average total cost without oil and seasonings: \$14.06

Average cost/serving: \$1.76

Recipe Makes: 8 Pancakes

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole Wheat Flour, 5 lb



Add 1 to Cart
Molasses, 12 oz



Add 1 to Cart
All-Purpose Flour, 10 lb



Add 1 to Cart
Baking Soda, 16 oz



Add 1 to Cart
Low-Fat Buttermilk, 1 quart



Add 1 to Cart
Pumpkin Pie Spice, 1.12 oz



Add 1 to Cart
Eggs, 1/2 dozen

SAVE TIME, SAVE MONEY

Preparation Tips

- No pumpkin pie spice? Use 1/2 teaspoon cinnamon, 1/2 teaspoon dry ginger, and 1/8 teaspoon cloves or nutmeg.
- No buttermilk? Place 1 Tablespoon of lemon juice or vinegar in measuring cup and fill to the 1 cup line with milk. Stir and let set to thicken slightly.
- To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.
- Top with applesauce, fresh fruit, or yogurt.

My Cooking Notes