

# Pancakes



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 14

**Prep:** 10 minutes | **Cook:** 5 minutes

## INGREDIENTS

- 2 tablespoons unsalted butter
- 2 cups white whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup unsweetened applesauce
- 1 1/4 cups milk
- 2 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract

## DIRECTIONS

1. Melt the butter and set it aside to cool slightly.
2. In a large bowl, whisk together the white whole wheat flour, baking powder, baking soda and salt.
3. In a medium bowl, combine the eggs, applesauce, milk, honey and vanilla. Whisk until smooth. Whisk in the melted butter.
4. Pour the wet ingredients into the dry and whisk. The batter will be thick, but avoid adding more milk or your pancakes may turn out flat rather than light and fluffy.
5. Heat a griddle or skillet over medium heat. Spray lightly with cooking spray. Scoop batter by 1/4 cup onto the heated griddle. Cook on the first side until bubbles begin to form and the bottom side of the pancakes are lightly brown, about 2-3 minutes. Flip pancakes and cook until the second side is browned, about 2 minutes more. Serve.



### Nutrition Information

*Serving Size: 1 pancake*

<b>Calories</b>	<b>108</b>
<b>Total fat</b>	<b>3 g</b>
Saturated Fat	2 g
Trans fat	0 g
<b>Cholesterol</b>	<b>30 mg</b>
<b>Sodium</b>	<b>141 mg</b>
<b>Carbohydrates</b>	<b>17 g</b>
Fiber	2 g
Sugars	4 g
<b>Protein</b>	<b>4 g</b>

Recipe adapted from:  
[Kristineskitchenblog.com](http://Kristineskitchenblog.com)