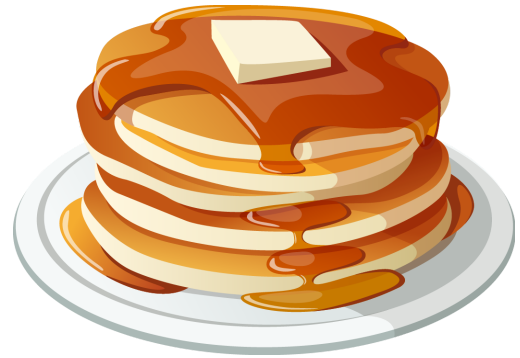


Whole Grain Pancakes

Life Skills- MyPlate:Grains

Ingredients:

- 1 Cup Whole Wheat Flour
- 1/2 Cup Rolled Oats
- 1/4 Cup Cornmeal
- 3 Tablespoons Flaxseed Meal
- 3 Tablespoons Brown Sugar
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Baking Soda
- 1 Egg
- 2 Cups Buttermilk



Directions:

- In a large bowl, stir together the whole wheat flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder, and baking soda.
- When dry ingredients are mixed together, pour in buttermilk and egg. Stir just until smooth.
- Heat a large skillet or griddle over medium heat. Coat with cooking spray.
- Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry.
- Flip, and cook until browned on the other side. Repeat with remaining batter.
- Top with your choice of toppings and sauces
- Enjoy!