

# WHOLE-GRAIN PANCAKES



**Serves: 9**

**Serving Size:  
2 pancakes**

**Calories:  
180**

*Recipe courtesy of the Mayo Clinic*

## INGREDIENTS

- 1 cup whole-wheat flour
- 1/4 cup millet flour
- 1/2 cup barley flour
- 2 Tbsp flaxseed flour
- 1/4 cup rolled oats
- 3 Tbsp honey
- 1 1/2 Tbsp baking powder
- 1 Tbsp oil
- 2 1/4 cups soy milk
- 3 large egg whites, beaten

## DIRECTIONS

1. Mix dry ingredients in a large bowl.
2. In a separate bowl, mix honey, oil, soy milk and beaten egg whites. Add to dry ingredients. Stir until just combined. Let batter rest for 30 minutes in refrigerator.
3. Place a baking sheet in the oven and heat to 225 F.
4. Place a frying pan on medium heat. Spoon or ladle about 1/4 cup of batter into pan to make one pancake. Cook until small bubbles form and the edges begin to look dry. Flip and cook until brown on the second side. Transfer pancake to baking sheet to keep warm. Repeat with remaining batter.
5. Serve topped with fresh fruit.