

# Whole Wheat Pancakes with Strawberries

## INGREDIENTS

- Cooking spray
- $\frac{2}{3}$  cup whole-wheat flour
- $\frac{1}{4}$  cup oats
- 1 teaspoon baking powder
- $\frac{2}{3}$  cup fat-free milk
- 1 large egg lightly beaten
- 2 teaspoons canola oil
- 3 strawberries, sliced

## DIRECTIONS

1. In a large bowl, combine flour, oats and baking powder; mix well. In a medium bowl combine milk, egg and oil; blend well.
2. Add dry ingredients all at once; stir just until dry ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon  $\frac{1}{4}$  cup of batter into skillet.
4. Flip with batter bubbles and edges begin to set. Remove from heat and top with the strawberries.



*Recipe courtesy of American Heart Association*

**Servings: 6**

**Nutrition Information:** Calories: 120; Total Fat: 3g; Cholesterol: 32mg; Sodium: 91mg; Total Carbohydrate: 20g; Dietary Fiber: 3g; Total Sugars: 6g; Protein: 5g