

Kitten's MoonCakes

Makes 20, 4-inch pancakes

- 1 cup whole wheat flour
- 1 cup white all-purpose flour
- 2 teaspoons baking powder
- ¼ cup sugar
- 2 large eggs
- 2 cups fat free or lowfat milk
- 2 tablespoons vegetable oil



1. Mix dry ingredients in large bowl.
2. In separate medium bowl, beat eggs, milk and oil until well blended.
3. Add liquids to dry ingredients, stirring lightly with a whisk or large fork only until dry ingredients are moistened (mixture will be lumpy).
4. Preheat griddle to medium-high heat.
5. Lightly oil or spray griddle to prevent sticking.
6. Spoon or ladle batter onto preheated griddle.
7. Turn pancake when edges look dry and bubbles form on top.
8. Cook thoroughly, and refrigerate any leftover batter.
9. Top as desired (we suggest applesauce), and enjoy!

Variations:

Add 1 teaspoon ground cinnamon and 1 cup peeled, finely chopped apple to batter. For dollar-size pancakes, use 1/8 cup batter per pancake.

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Nutrition Facts: *Two pancakes provide 140 calories, 3.5g total fat, 0g saturated fat, 0g trans fat, 35mg cholesterol, 125mg sodium, 23g total carbohydrate, 1g dietary fiber*

K-STATE This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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