

MAKES 6 SERVINGS
or 3 cups
(750 mL) batter
(1/2 cup/25 mL
per serving)

Pancake or Waffle Batter

Use this batter as a base for the delicious recipes on pages 32-33, or follow the directions below to make basic pancakes or waffles.

Tip

Pancakes become tough if flipped more than once, so don't flip them before they are ready.

2 cups	all-purpose flour	500 mL
1 tbsp	baking powder	15 mL
1 tbsp	granulated sugar	15 mL
1/2 tsp	salt	2 mL
1/2 cup	plain yogurt	125 mL
1 tsp	baking soda	5 mL
1	large egg	1
1 1/2 cups	1% milk (approx.)	375 mL
2 tbsp	melted butter or margarine	25 mL
1 tsp	vanilla	5 mL

= 184g carbs
= 0
= 12g
= 0
= 5g
= 0
= 1g
= 18g
= 0
= 0

1. In a large bowl, combine flour, baking powder, sugar and salt.
2. Place yogurt in a measuring cup; stir in the baking soda and let it foam.
3. In a small bowl, whisk together egg, milk, melted butter and vanilla until blended.
4. Add the yogurt mixture and the milk mixture to the flour mixture and stir until blended. Mixture should be thick and slightly lumpy; thin the batter with more milk if it is too thick.

200g
TOTAL CARBS

÷ 6 pancakes

= (36.7g) 37g
carbs/
pancake

Variations

Add any of the following to the batter:

1 cup (250 mL)
blueberries,
cranberries, sliced
fresh peaches or
sliced bananas.

Substitute oat bran,
rolled oats, whole
wheat flour or
cornmeal for 1/2 cup
(125 mL) of the flour.

Dietitian's Message

Add fruits to the batter as suggested: they are

bursting with flavor, sweetness, antioxidants and fiber. Substituting a portion of the flour with grains such as oats also ups the fiber content. Fiber, in addition to protein (in the egg white) and fat (in the butter or margarine), helps to lower the glycemic index of the pancakes and slows down the blood glucose rise after eating.

TO MAKE PANCAKES

Preheat skillet or griddle sprayed with vegetable spray over medium heat until medium-hot. Working in small batches so pancakes don't run together, pour 1/4 cup (50 mL) pancake batter for each pancake into the hot pan, leaving 1/2 inch (1 cm) between. When bubbles on the surface of the pancakes start to pop and the edges are golden, turn the pancakes and cook the other side for 1 1/2 to 2 minutes, or until golden.

TO MAKE WAFFLES

Following the waffle iron instructions, cook waffles in preheated nonstick waffle iron for 4 to 5 minutes, or until steaming stops.