Whole Wheat Pancakes with Strawberries & Yogurt
Makes 6 servings (3 pancakes each)

1 cup whole wheat flour
1 cup all purpose flour
3 tablespoons sugar
3½ teaspoons baking powder
1 teaspoon salt
2 cups low-fat milk
2 eggs
2 tablespoons oil, plus more for the pan
Strawberries or any other fruit, sliced
Low-fat yogurt (vanilla or plain)

1. Mix the two flours, sugar, baking powder and salt in large bowl.
2. In a separate medium-sized bowl, mix milk, eggs. Add oil and mix together.
3. Stir milk mixture into the flour mixture.
4. Heat a large nonstick frying pan over medium heat; brush with oil.
5. To make each pancake drop 1/4 cup batter onto the pan. Cook about 2 minutes, or until you can see many bubbles on the top.
6. Flip over and cook until golden brown, about 2 more minutes.
7. Repeat with remaining pancake batter.
8. Serve with a scoop of yogurt and fresh berries or fruit!
Kids can help by:

- Gathering ingredients and supplies
- Measuring ingredients
- Stirring the mixture
- Flipping the pancakes
- Assisting with clean-up

This material was funded by the USDA’s Supplemental Nutrition Assistance Program through Public Health—Seattle & King County. 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. This institution is an equal opportunity provider and employer.