



Basic Yogurt Pancakes

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 servings maple syrup fresh pure quick
- ☐ 2 tablespoons ground flaxseeds
- ☐ 2 tablespoons nonhydrogenated margarine
- ☐ 1.3 cups rice milk low-fat
- ☐ 1.5 cups vanilla-flavored soy yogurt low-fat
- ☐ 2 cups pastry flour whole-wheat

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Combine the flour, baking powder, baking soda, and flaxseeds, if using, in a mixing bowl. Make a well in the center and pour in the yogurt and milk. Stir with a whisk until the batter is just smooth; it should have an easy-to-pour consistency, but not too thin.
- ☐ Add more milk as needed. Don't overbeat.
- ☐ Heat a nonstick griddle or a large nonstick skillet that has been lightly coated with some of the margarine. Ladle on the batter to form 3- to 4-inch pancakes. Cook on both sides over medium heat until golden brown.
- ☐ Serve hot with maple syrup.
- ☐ Variations
- ☐ Multigrain: Substitute 1/2 to 3/4 cup of the flour with another type of flour such as spelt, kamut, buckwheat, cornmeal, or rye, or use a combination of two different types of flour equaling 1/2 to 3/4 cup.
- ☐ Add a cup or so of thinly sliced fruits—one kind or a combination—to the batter. Try pears, peaches, nectarines, strawberries, wild blueberries, or other berries.
- ☐ Add 1 heaping cup very thinly sliced, peeled apple (any soft cooking variety such as Cortland, McIntosh, or Golden Delicious) and ground cinnamon to taste to the batter.
- ☐ Add 1 medium thinly sliced banana, 1/4 to 1/2 cup finely chopped walnuts or pecans, and a pinch of ground nutmeg to the batter.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



 PROTEIN **13.83%**  FAT **20.95%**  CARBS **65.22%**

Properties

Glycemic Index:26.75, Glycemic Load:5.18, Inflammation Score:-5, Nutrition Score:17.425217219021%

Nutrients (% of daily need)

Calories: 296.27kcal (14.81%), Fat: 7.16g (11.01%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 45.2g (16.44%), Sugar: 18.93g (21.04%), Cholesterol: 6.13mg (2.04%), Sodium: 397.76mg (17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.26%), Manganese: 2.15mg (107.44%), Selenium: 28.37µg (40.53%), Phosphorus: 319.61mg (31.96%), Vitamin B2: 0.53mg (30.91%), Calcium: 275.55mg (27.55%), Magnesium: 84.87mg (21.22%), Vitamin B1: 0.31mg (20.51%), Fiber: 4.92g (19.68%), Zinc: 2.04mg (13.59%), Potassium: 432.83mg (12.37%), Vitamin B6: 0.23mg (11.69%), Vitamin B3: 2.2mg (10.99%), Vitamin B12: 0.65µg (10.79%), Copper: 0.2mg (10.05%), Iron: 1.75mg (9.75%), Vitamin B5: 0.81mg (8.08%), Folate: 27.4µg (6.85%), Vitamin A: 298.13IU (5.96%), Vitamin D: 0.54µg (3.61%), Vitamin E: 0.46mg (3.09%)