



## Rosa Parks' Featherlite Peanut Butter Pancakes

♡ Popular

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 2 tbsp double-acting baking powder
- ☐ 1 eggs
- ☐ 1 cup flour
- ☐ 1.3 cup milk
- ☐ 0.5 tsp salt
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 tbsp sugar

☐ 1 tbsp shortening melted ( if needed)

## Equipment

☐ frying pan

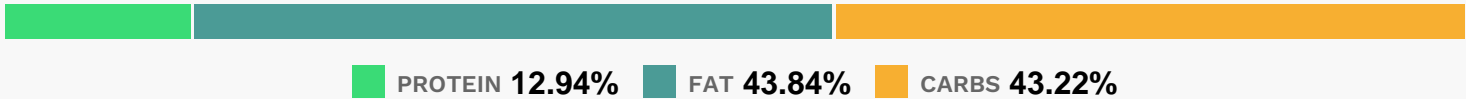
☐ oven

☐ oven mitt

## Directions

- ☐ Sift together dry ingredients: flour, baking powder, salt, and sugar.
- ☐ Mix together wet ingredients (minus the oil) with a fork till smooth: egg, milk, peanut butter.
- ☐ Add dry ingredients to wet, mixing lightly-- do not overmix, or pancakes will turn out heavy and dense. A few lumps are okay.Grease your skillet or griddle with oil or shortening (I use peanut oil).
- ☐ Heat skillet over medium (or heat electric griddle to 275 degrees F). Test heat by flinging a droplet of water onto the surface of the skillet-- it should sizzle and evaporate, but not pop or crackle.
- ☐ Pour the batter by scant 1/4 cupfuls to form pancakes on the hot skillet.
- ☐ Let the pancakes cook for 1-2 minutes till bubbles rise to the surface of the batter and burst. When the pancakes turn golden brown on the bottom, flip them.
- ☐ Let the pancakes continue to cook for 1-2 minutes longer till golden brown on both sides and cooked all the way through. Re-grease the skillet periodically between batches, if needed.
- ☐ Serve pancakes immediately. To keep the pancakes warm while you're cooking, place them on a plate covered by a towel in a 175 degree oven. Use an oven mitt when removing the plate from the oven, it will be hot!
- ☐ Serve warm with butter and maple syrup. Delish!

## Nutrition Facts



## Properties

Glycemic Index:24.09, Glycemic Load:8.28, Inflammation Score:-2, Nutrition Score:4.7934782582781%

Nutrients (% of daily need)

Calories: 119.38kcal (5.97%), Fat: 6g (9.23%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.68g (4.61%), Sugar: 4.01g (4.46%), Cholesterol: 16.69mg (5.56%), Sodium: 354.78mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Calcium: 156mg (15.6%), Phosphorus: 112.3mg (11.23%), Manganese: 0.18mg (8.93%), Vitamin B3: 1.6mg (7.99%), Selenium: 5.45µg (7.79%), Vitamin B1: 0.11mg (7.17%), Vitamin B2: 0.12mg (6.9%), Folate: 26.95µg (6.74%), Vitamin E: 0.78mg (5.17%), Iron: 0.89mg (4.97%), Magnesium: 18.44mg (4.61%), Vitamin B6: 0.06mg (2.91%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.28mg (2.8%), Potassium: 95.21mg (2.72%), Zinc: 0.41mg (2.71%), Fiber: 0.63g (2.52%), Copper: 0.05mg (2.42%), Vitamin D: 0.35µg (2.35%), Vitamin A: 60.97IU (1.22%)