



# Recipes for Success



## Whole Wheat Pancakes with Strawberry Sauce

Celebrate Valentine's Day with this special breakfast. These healthy pancakes are made by using whole wheat flour instead of white flour and homemade strawberry sauce instead of syrup.

Makes: 26 pancakes

### Ingredients:

Whole wheat flour	2 cups (500 mL)
Baking Soda	2 tsp (10 mL)
Salt	1 tsp (5 mL)
Sugar	2 Tbsp (30 mL)
Buttermilk	2 cups (500 mL)
Vegetable Oil	2 Tbsp (30 mL)
Eggs	2
Frozen Strawberries, thawed	5 cups
Margarine or butter	1 Tbsp (15 mL)



### Preparation:

Pancake:

1. Mix together flour, baking soda, salt, and sugar.
2. While stirring, slowly add buttermilk, vegetable oil, and eggs.
3. Chop two cups of strawberries, add to mixture, and stir until combined.
4. Melt  $\frac{1}{2}$  Tbsp of margarine on a pan over medium heat.
5. Pour  $\frac{1}{4}$  cup (60 mL) of batter on the pan. When you start to see bubbles appear in the batter, flip the pancake and cook for about 1-2 minutes or until golden brown. When halfway through the batter, melt the remaining margarine on the pan and cook the rest of the pancakes.

Sauce:

6. With a food processor or blender, puree the remaining 3 cups of strawberries until it reaches a thin, sauce-like consistency.
7. Spoon strawberry sauce over each pancake.

## Suggested Tasks for Children

- Find ingredients
- Measure ingredients and add to the bowl
- Crack eggs
- Stir ingredients
- With adult supervision, chop strawberries
- With adult supervision, pour batter onto pan and flip pancakes
- Place strawberries into blender and press button
- Spoon strawberry sauce on pancakes
- Help cleanup



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