

# Whole Wheat Pancakes

*"Healthy, low-fat, whole wheat pancakes that are light and fluffy!"*

*You can add blueberries or chocolate chips to them when you add the batter to the skillet or serve them with your favorite syrup".*

*Difficulty level- easy Price- cheap*

**Servings:** 7 • **Size:** 2 pancakes • **Calories:** 171.7 • **Fat:** 2.1 g • **Carbs:** 31.5 g • **Fiber:** 4.9 g • **Protein:** 8.9 g • **Sugar:** 2.5 g • **Sodium:** 561.4 g

## Ingredients:

- ✓ 2 cups whole wheat flour (I used [white whole wheat](#))
- ✓ 4 1/2 tsp baking powder
- ✓ 1/2 tsp salt
- ✓ 2 tsp cinnamon
- ✓ 2 tsp sugar
- ✓ 2 large eggs
- ✓ 2 cups + 2 tbsp fat free milk
- ✓ 2 tsp vanilla
- ✓ cooking spray



## Directions:

- **Mix** all dry ingredients in a bowl. **Add** wet ingredients to the mixing bowl and **mix** well with a spoon until there are no more dry spots; don't over-mix.
- **Heat** a large skillet on medium heat. Lightly **spray** oil to coat and **pour** 1/4 cup of pancake batter. When the pancake starts to bubble, you may add your fruit if you wish. When the bubbles settle and the edges begin to set, **flip** the pancakes. **Repeat** with the remainder of the batter.

Found on: [skinnytaste.com](http://skinnytaste.com)