

Pancakes can be made from scratch or a prepared mix. The toppings and add-ins offer a nutritional boost.



Pancake mixes that fit the MB School Nutrition Guidelines:

Brand	Type
Blue Menu	Whole Grain Pancake and Waffle Mix
Coyote	Buttermilk Pancake and Waffle Mix
Sunny Boy	Whole Wheat Pancake & Waffle Mix

Topping Ideas:

- yogurt
- peanut, soy or seed butter
- pureed fruit
- cottage cheese
- seeds (sunflower, flax, pumpkin, hemp)

Pancake Add Ins for 2 cups Mix

Did you know?

Pancakes should contain a whole grain as the first ingredient. Examples of whole grains include whole wheat, brown rice, and oats.

You can mix dry ingredients for pancakes and store in a container with a tight fitting lid. Add wet ingredients just before cooking to save time in the morning.

Stir Into Batter Before Cooking:

- 2/3 cup canned pumpkin and 1/2 tsp cinnamon or pumpkin pie spice
- 1 grated apple or 1/3 cup apple sauce and 1/2 tsp cinnamon
- 2 Tbsp lemon juice and 2 Tbsp poppy seeds
- 1/2 cup shredded carrot, 1 tsp cinnamon, 1/4 tsp allspice, 1/4 tsp nutmeg
- 1/2 cup chopped spinach
- 1/3 cup crushed pineapple (drained), 1 tsp cinnamon, and 3 tablespoons shredded coconut

Add to the Top of Partially Cooked Pancakes before Flipping:

- oatmeal flakes and raisins
- corn
- sliced banana
- canned peaches
- frozen fruit/berries

Make it Grab & Go

Cut pancakes into strips and serve in a cup with yogurt for dipping.

