

# PANCAKES

can be made from scratch or a prepared mix. Toppings and add-ins can offer a nutritional boost!

## PANCAKE MIXES THAT FIT THE MB SCHOOL NUTRITION GUIDELINES:

Pancakes should contain a whole grain as the first ingredient. Examples of whole grains include whole wheat, brown rice, and oats. To note, enriched wheat flour, white rice, bran or wheat germ are not whole grains.

- PC Blue Menu Whole Grain Pancake And Waffle Mix
- PC Blue Menu Buttermilk Protein Pancake Mix
- Bob's Red Mill Pancake and Waffle Mix
  - Buckwheat, 7 grain, 10 grain, buttermilk, protein mix
- Wheat Montana Whole Grain Pancake Mix with Flax
- Kodiak Cakes Flapjack & Waffle Mix
  - Any variety
- Sunny Boy Whole Wheat Pancake & Waffle Mix
- Flourish Buttermilk Protein Pancake & Waffle Mix



## ADD-INS PER 2 CUPS OF PREPARED PANCAKE MIX

### Stir Into Batter Before Cooking:

- $\frac{2}{3}$  cup canned pumpkin and  $\frac{1}{2}$  tsp cinnamon or pumpkin pie spice
- 1 grated apple or  $\frac{1}{3}$  cup apple sauce +  $\frac{1}{2}$  tsp cinnamon
- 2 tbsp lemon juice + 2 tbsp poppy seeds
- 2 mashed bananas
- $\frac{1}{2}$  cup shredded carrot, 1 tsp cinnamon,  $\frac{1}{4}$  tsp nutmeg and  $\frac{1}{4}$  tsp allspice
- $\frac{1}{2}$  cup chopped spinach +  $\frac{1}{4}$  cup shredded cheese
- $\frac{1}{3}$  cup crushed pineapple (drained) + 3 tablespoons shredded coconut
- $\frac{1}{2}$  cup ricotta or cottage cheese + 1 tsp cinnamon

### Add to the Top of Partially Cooked Pancakes before Flipping:

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



## TOPPING IDEAS:

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

### Make it Grab & Go!

Pour pancake batter into a greased cookie sheet and bake until toothpick comes out clean. Cut pancakes into strips and serve in a cup with some yogurt for dipping.