



Catherine's Healthy Cornmeal Pancakes

Makes 24 mini pancakes

Preparation time: 15 minutes

Cooking time: 30 minutes

Common allergens: milk, egg, wheat

Equipment List

- Large and medium mixing bowl
- Measuring cups and spoons
- Spatula
- Whisk or electric hand mixer
- Frying pan or griddle
- Flipper

Nutrition Information

Calories	99 calories
Total Fat	2.6 g
Sodium	87 mg
Carbohydrate	16.5 g
Fibre	1.5 g
Protein	2.9 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Whole wheat flour	1 cup	250 mL
All-purpose flour	1 cup	250 mL
Cornmeal	1 cup	250 mL
Granulated sugar	¼ cup	60 mL
Baking soda	1 tsp.	5 mL
Baking powder	1 tsp.	5 mL
Eggs	2 large	2 large
Buttermilk (see Substitutions for Unavailable Ingredients)	1 ½ cups	375 mL
Butternut squash puree (see variation)	1 cup	250 mL
Olive or canola oil	3 tbsp.	45 mL
Vanilla	1 tsp.	5 mL
Vegetable cooking spray		
Fresh or frozen fruit (see tip)	1 cup	250 mL



Instructions

1. In a large bowl, combine whole wheat flour, all-purpose flour, cornmeal, sugar, baking soda and baking powder.
2. In a medium bowl, whisk eggs, buttermilk, squash puree, oil and vanilla. Whisk into flour mixture. If mixture appears too thick, add up to $\frac{1}{2}$ cup (125mL) buttermilk to thin.
3. Heat a griddle or large non-stick skillet over medium-high heat. Spray lightly with vegetable cooking spray. For each pancake, pour $\frac{1}{4}$ cup (60 mL) batter onto griddle and cook until bubbly around the edges, about three minutes. Flip and cook until golden brown, about three minutes. Transfer to a plate and keep warm in low oven. Repeat with remaining batter, spraying griddle with vegetable cooking spray and adjusting heat between batches as needed.
4. Top each pancake with 1 to 2 tbsp. (15 to 30 mL) fruit (blueberries, strawberries, banana slices, peach slices, etc.).

Tip: For adult servings, use double the amount of batter ($\frac{1}{2}$ cup, 125 mL) for each pancake.

Variation: Substitute mashed sweet potatoes or a can of pumpkin puree (not pumpkin pie filling) for squash puree.



Recipe taken from *Bake Better Bites*