

WHOLE WHEAT BUTTERMILK PANCAKES

Blueberries are my favorite add-in for these, or a blueberry-banana chunk combo. Raspberries and blackberries work well, but if you use strawberries, be sure to cut them into either thin slices or blueberry-sized chunks. Fresh fruit or berries are best; make sure pieces are same size and washed AND dried! If you use frozen berries, DO NOT defrost; stir in at the last minute just before cooking.

YIELD: 6 servings

INGREDIENTS

DRY

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup whole wheat flour
- 3 tablespoons sugar
- 1 $\frac{1}{2}$ tsps baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt

WET

- 1 $\frac{1}{2}$ cups low-fat buttermilk
- 1 TBSP vegetable oil

- 1 large egg
- 1 large egg white
- Cooking spray

ADD-INS:

- about 1 $\frac{1}{2}$ cups blueberries, washed and dried OR bananas, sliced about $\frac{1}{4}$ " thick or see above suggestions

PREPARATION

1. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, baking powder, baking soda, and salt in a large bowl, stirring with a whisk.
2. Combine buttermilk, oil, egg, and egg white, stirring with a whisk; add to flour mixture, stirring just until moist.
3. Heat a nonstick griddle or nonstick skillet coated with cooking spray over medium heat. Spoon about $\frac{1}{4}$ cup batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles and edges look cooked.

Nutritional Information - Amt. per serving - FRUIT NOT INCLUDED

Calories: 351 / Calories from fat: 26% /

Fat: 10g / Saturated fat: 4.6g / Monounsaturated fat: 2.8g / Polyunsaturated fat: 1.9g /

Protein: 7.6g / Carbohydrate: 59.7g / Fiber: 2.3g /

Cholesterol: 55mg

Iron: 2.1mg / Sodium: 570mg / Calcium: 176mg

SWEET LITTLE POLENTA CAKES

I love the flavor of polenta - either sweet or savory, creamy or set up and cooked as we do here. When making polenta to use for cakes, use just a little bit less water and seal/wrap tightly. You should use it within a couple of days, as the water will separate and leave dried out polenta. To make a savory version of these cakes: use no syrup or, add some shredded sharp cheddar, salt, pepper and chives and/or dried herbs of your choice.

INGREDIENTS

- 1 pkg. instant polenta - use 1 cup (Pastene is the brand I see most often in the Italian section of the grocery store)
- 1 tsp cinnamon
- 1 tsp cardamom
- 3 TBSPs real maple syrup
- canola oil cooking spray - or about ½ cup canola oil
- 2 TBSPs butter, melted
- cranberry-apple compote (see recipe below)

PREPARATION

1. Make polenta according to package directions and remove from heat when thick. Stir in the maple syrup, cinnamon and cardamom.
2. Heat a griddle or skillet on medium heat for a minute, then brush or spray with canola oil and 1 TBSP butter.
3. Using an ice cream scooper (with a spring release), scoop the polenta onto the hot griddle and flatten a bit with the back of the scooper. Adjust heat to medium/high.
4. When cakes are browned on bottom (check when you see top edges start to harden - about 2-3 minutes), flip over to cook second side until lightly browned - about a minute or two.
5. Serve with cranberry compote, blueberry syrup or maple syrup.

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## **CRANBERRY-APPLE COMPOTE**

SIMPLY ADD 1 CUP CHOPPED APPLES AND ½ CUP CHOPPED NUTS TO 1 RECIPE SWEET/SOFT CRANBERRY SAUCE...LET SIT OVERNIGHT IN THE 'FRIDGE.

# ***GOLDEN PUMPKIN-ORANGE PANCAKES***

*If pancake batter seems too thick, add a little orange juice.  
These are also yummy with maple syrup and served with apple  
chicken sausage sautéed in apple cider until browned.*

## **INGREDIENTS:**

- 2 large eggs
- 1 cup buttermilk
- 1 cup pumpkin or winter squash puree
- 2 tsps grated orange peel
- 1 cup orange juice
- 2 TBSPs canola oil or melted butter
- 1 & 1/3 cups all purpose unbleached flour
- 1 & 1/3 cups yellow cornmeal
- 2 tsps freshly grated nutmeg
- 4 TBSPs sugar (natural/in-the-raw)
- 4 tsps baking powder
- 1 tsp salt
- canola oil or spray, for cooking

## **PREPARATION:**

1. Whisk together egg, buttermilk, pumpkin, orange peel and juice and oils in large bowl.
2. Combine flour, cornmeal, nutmeg, sugar, baking powder and salt in a separate bowl. ADD dry ingredients to the pumpkin mixture and stir until blended.
3. Heat griddle over medium heat and brush (or spray) lightly with oil. Ladle about ½ cup batter per pancake (for large) onto griddle. Cook until edges bubble and middle is almost set - flip - cook side 2 for a couple of minutes until browned (but not too much).
4. Serve pancakes warm with warmed maple syrup or a scoop of the orange butter or orange-spice syrup.

# WHOLE WHEAT BUTTERMILK & ORANGE PANCAKES

*For light, fluffy pancakes, letting the batter sit for 15 minutes before cooking gives the leaveners a chance to do their job.*

YIELD: 6 servings

## INGREDIENTS

### DRY

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{3}{4}$  cup whole wheat flour
- 2 TBSPs sugar
- 1  $\frac{1}{2}$  tsps baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt

### WET

- 1  $\frac{1}{2}$  cups low-fat buttermilk
- $\frac{3}{4}$  s tsp orange juice
- 2 TBSPs softened butter

- $\frac{1}{4}$  cup fresh orange juice
- $\frac{1}{4}$  tsp orange zest
- 1 TBSP canola oil
- 1 large egg
- 1 large egg white
- Cooking spray

### OPTIONAL ADD-INS:

- about 2 cups blueberries **OR** raspberries, washed & dried **OR** frozen -NOT defrosted

## PREPARATION

1. Combine butter,  $\frac{3}{4}$  s tsp orange juice and orange zest.
2. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, baking powder, baking soda, and salt in a large bowl, stirring with a whisk.
3. Combine buttermilk,  $\frac{1}{4}$  cup of the oj, oil, and one egg, stirring with a whisk;
4. Add the buttermilk mixture to the flour mixture, stirring just until moist. Let stand for 15 minutes.
5. Beat egg white briskly with a whisk until medium peaks form, then gently fold into the batter...with berries if you are adding them.
6. Heat a nonstick griddle or nonstick skillet coated with cooking spray over medium heat. Spoon about  $\frac{1}{4}$  cup batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles and edges look cooked.