

Whole-grain Strawberry Pancakes

June 2025 Recipe

Makes: 7 servings



Ingredients

- 1 ½ cups whole-wheat flour
- 3 Tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 3 eggs
- 6 oz. low-fat vanilla yogurt
- ¾ cup water
- 3 Tbsp. canola oil
- 1 ¾ cups fresh strawberries (sliced)
- 6 oz. low-fat strawberry yogurt

Nutritional information for 1 serving

Calories	260
Total fat	9 g
Saturated fat	2 g
Cholesterol	93 mg
Sodium	390 mg
Carbohydrate	36 g
Dietary fiber	4 g
Total sugars	16 g
Added sugars included	10 g
Protein	9 g

Directions

1. Heat a griddle to 375 F or a 12-inch skillet over medium heat. If necessary, grease it with canola oil or spray it with cooking spray before heating.
2. In a large bowl, mix the flour, sugar, baking powder, baking soda and salt; set aside.
3. In a medium bowl, beat the eggs, vanilla yogurt, water and oil with an egg beater or wire whisk until well blended.
4. Pour the egg mixture all at once into the flour mixture; stir until moistened.
5. For each pancake, pour slightly less than ¼ cup of batter from the cup or pitcher onto the hot griddle.
6. Cook the pancakes for 1 to 2 minutes or until bubbly on top, puffed and dry around the edges. Turn; cook the other sides for 1 to 2 minutes or until golden brown.
7. Top each serving (2 pancakes) with ¼ cup sliced strawberries and 1 to 2 Tbsp. of strawberry yogurt.

Source: MyPlate

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