

## WHOLE WHEAT + FLAX PANCAKES

Go ahead and serve yourself a stack! This pancake recipe is full of fiber and omega-3's to start your day off right. You will most definitely satisfy a craving for a homestyle breakfast. We topped these with 100% pure maple syrup, seasonal blueberries and blackberries, Greek yogurt, and walnuts. Yum!

### RECIPE

1 cup whole wheat flour  
1/2 cup rolled oats  
1/4 tsp salt  
2 tsp baking powder  
1 tsp cinnamon  
1 tbsp ground flaxseed  
2 tbsp turbinado sugar (or regular sugar)  
1 large egg  
1 cup almond milk  
1/4 cup Greek yogurt  
1 tsp vanilla extract  
Canola or coconut oil for cooking

Toss dry ingredients in a medium bowl and whisk together- flour, oats, salt, flaxseed, sugar, baking powder, and cinnamon. In a separate bowl, mix together wet ingredients. Pour wet ingredients into dry ingredients and stir gently until combined. Do not overmix.

Heat griddle to medium heat. Lightly coat pan with with oil, and top 1/4 cup batter onto griddle. Cook until bubbles begin to form on top and sides (about 1 minute). Flip and cook through on other side. Lightly grease griddle in between cakes.

Tip: Watching caloric intake? Use spray cooking oil for portion control!

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