

# Spiced Pancakes

**Makes:** 14 or 56 servings

14 Servings

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Ingredients	14 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Flour, all-purpose		1 cup		4 cups
Flour, whole grain		2 cups		8 cups
Baking soda		1-1/2 tsp		6 tsp
Cinnamon		2 Tbsp		1/2 cup
Egg, whole		2		8
Egg white		2		8
Molasses		2 Tbsp		1/2 cup
Vegetable oil		3 Tbsp		12 Tbsp
1% (low-fat) or fat-free milk		1 cup		4 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	172	
Total Fat	5 g	
Protein	6 g	
Carbohydrates	27 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	179 mg	

## Directions

1. Mix dry ingredients in bowl.
2. In a different bowl, beat eggs. Add egg whites and mix slowly; be careful not to over mix.
3. Stir in molasses, oil and milk.
4. Pour milk mixture into dry ingredients, stir.
5. Bake on a hot, lightly greased griddle.

## Notes

Serving Tips:

Gingerbread pancakes are a sweet treat on winter mornings. Top with unsweetened applesauce or low-fat yogurt for a healthy alternative to syrup.