

WHOLE-WHEAT PANCAKES WITH STRAWBERRY PURÉE

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Ingredients for life.

Enjoy a splash of flavour at breakfast with **EATING RIGHT™** Cranberry Pomegranate Juice.

Ingredients:

1 ⅓ cups (325 ml)	whole-wheat flour
3 tbsp (45 ml)	brown sugar
1 tbsp (15 ml)	baking powder
1 tsp (5 ml)	ground cinnamon
¼ tsp (1 ml)	salt
1 ¼ cups (300 ml)	2% milk
1	egg, beaten
3 tbsp (45 ml)	vegetable oil
½ tsp (2 ml)	vanilla
	Vegetable Oil (optional)

Strawberry Purée

2 cups (500 ml)	fresh strawberries or 1 pkg (10 oz/300 g) Frozen unsweetened strawberries, thawed. Granulated Sugar (optional)
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Directions:

1. In a bowl, mix together flour, sugar, baking powder, cinnamon and salt.
2. In a separate bowl, beat together milk, egg, oil and vanilla. Add liquid ingredients to dry, mixing until almost smooth (disregard small lumps).
3. Heat skillet and griddle over medium heat; brush with oil (optional for nonstick pans). For each pancake, pour ¼ cup (50 ml) batter into a skillet. When the underside is brown and bubbles break on top (after 1½ and 2 minutes), flip over and cook for 30 to 60 seconds or until second side is golden brown. Serve Hot.
4. Strawberry Purée: With fresh strawberries; remove hulls. In saucepan, cook fresh or thawed strawberries gently over low heat until softened; cool. In a food processor or blender, purée until smooth. Take and add sugar, if desired. Serve warm over pancakes. Makes approximately 1 cup (250 ml).



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