

HARVEST GRAIN PANCAKES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 100

Ingredients	Quantity/Measure
Old fashion oats (grind in a food process until flour consistency)	1 lb. 13 oz.
Whole wheat flour	1 lb. 13 oz.
All-Purpose flour	1 lb. 13 oz.
Baking soda	2.2 oz.
Baking Powder	2.2 oz.
Water	1 gallon + 1 ¾ cups
White vinegar	3.3 oz.
Vegetable oil	2 ¾ cups
Sweetened Applesauce	2 ¾ cups
Granulated sugar	1 lb. 6 oz.
Almonds (finely chopped)	9 oz.
Walnuts (finely chop)	9 oz.
Vanilla flavoring	¼ cup

Preparation

1. In a mixing bowl combine ground oatmeal, whole wheat flour, all-purpose flour, baking soda, baking powder and chopped nuts. Set aside.
2. In a bowl combine water, vegetable oil, applesauce, vanilla and sugar together.
3. Stir the liquid mixture into the dry. Add vinegar.
4. Mix batter just until dry ingredients are wet but DO NOT overmix. Batter should be lumpy.
5. Let batter rest for 10 minutes.
6. Lightly spray non-stick cooking spray on griddle. Use a #12 scoop to place batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.

Alternatives: If Old fashioned/rolled oats is not available can substitute with equal amounts of quick oats.

Alternatives: If whole wheat flour is not available can substitute with equal amounts of all purpose flour or white whole wheat flour.

Alternatives: If sweetened applesauce is not available can substitute with equal amounts of unsweetened applesauce or equal amounts of ripe bananas pureed to sauce consistency.

Alternatives: If vinegar is not available can substitute with equal amounts of apple cider vinegar.

Alternatives: If either of the nuts is not available can substitute with equal amounts of the other listed nut or with pecans.

Note: Mixing batter by hand in a bowl with a whisk is preferred because people tend to overmix batter if a commercial mixer is used. Batter is to be mixed just until dry ingredients are wet as indicated above. Commercial mixer can be used just follow recipe method.

Nutrition Information *From USDA Nutrient Database

**Calories: 207 Total Fat: 10g (43% calories from total fat) Saturated Fat: 1g (4% calories from saturated fat) Monounsaturated Fat: 5g Polyunsaturated Fat: 3.5g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 26g Fiber- 2.5g Total Sugar-7g (14% calories from sugar)
Protein: 4g Sodium: 174mg Vitamin A: 2µg RAE Vitamin C: 0.2mg Calcium: 41mg Iron: 1.3mg
Folate: 23µg**