

## Mom's Applesauce Pancakes

- 2 cups dry pancake mix
- 1 teaspoon lemon juice
- 1 teaspoon ground cinnamon
- 1 cup applesauce
- 2 eggs
- ½ cup milk



In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix. Add the eggs, applesauce, lemon juice and milk; stir until smooth. Heat a lightly oiled griddle over medium high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each pancake. Brown on both sides and serve hot.

Yield: 10; 1 pancake = 1 bread/grain alternate for 3-5 year olds.  
Source: [www.allrecipes.com](http://www.allrecipes.com)

## Dee's Oatmeal Pancakes Recipe

- 2 cups oats (*Old Fashioned or Quick*)
- 3 cups buttermilk (*To make buttermilk - mix 3 TBSP vinegar or lemon juice and enough milk to make 3 cups. Let stand 5 minutes.*)
- 3 eggs, well beaten
- ½ cup flour
- 1 ½ teaspoon baking powder
- Dash salt
- 1 Tbsp peanut oil

Put oats into a large bowl, add the buttermilk. Let the oats soak in the buttermilk overnight. Mix in the eggs, flour, baking powder, salt, and peanut oil. Heat a griddle or large pan - to medium high heat. Oil the pan with either a Tbsp of butter or vegetable oil. Ladle ¼ cup batter onto the griddle. Flip when bubbles form in center of pancakes (about 2-3 minutes).

Yield: \_\_\_\_\_ pancakes = 1 bread/grain alternate for 3-5 year olds.  
Source: [http://simplyrecipes.com/recipes/dees\\_oatmeal\\_pancakes/](http://simplyrecipes.com/recipes/dees_oatmeal_pancakes/)

## Pumpkin Pancakes

- 2 cups buttermilk pancake mix or whole grain pancake mix.
- 1 ¾ cup milk
- 2 eggs, lightly beaten
- 1 cup canned pumpkin
- 1 tsp. cinnamon
- ¼ tsp. ginger



Combine eggs, pumpkin and milk well. Add to dry ingredients and mix just until blended. Pour by ¼ cup onto greased, heated griddle. Cook for 2 minutes over medium heat; then turn pancakes over and cook 2 minutes longer.

Yield: 14 - 4 inch pancakes; 1 pancake = grain/bread alternate for 3-5 year olds. Adapted from: [www.recipezaar.com](http://www.recipezaar.com)

## Whole Grain Pancake Mix

- 3 ½ cups white whole wheat or whole wheat flour
- 2 ½ cups regular flour
- ½ cup sugar
- 8 teaspoons baking powder
- 1 TBSP baking soda
- ½ teaspoon salt

Mix all ingredients and store in an airtight container. Makes 7 ½ cups or 5 batches. To prepare a batch; place **1 ½ cups mix** in a medium sized bowl. Make a well in the center and add **1 egg**, slightly beaten and **1 ¼ to 1 ⅓ cups milk**. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using a scant ¼ cup for each pancake. Brown on both sides and serve hot.

Yield: 12 - 3 inch pancakes  
1 pancake = 1 grain/bread alternate for 1 - 5 yr  
2 pancakes = 1 grain/bread alternate for 6 - 12 yr