

# Recipes for Pancake Day

Shrove Tuesday (also known as Pancake Day) is the day preceding Ash Wednesday, the first day of Lent. In most traditions the day is known for the eating of pancakes before the start of Lent. Pancakes are eaten as they are made out of the main foods available, sugar, fat, flour and eggs, whose consumption was traditionally restricted during the ritual fasting associated with Lent.

Pancakes are a traditional breakfast food that you may choose to serve on Tuesday, February 21 in celebration of Shrove Tuesday, or anytime at your breakfast program. A typical pancake and syrup breakfast consists of highly processed white flour and sugar, instead of nutrient-rich ingredients. When serving pancakes at your breakfast program please consider trying the following nutrition tips and recipes:

## NUTRITION TIPS



- Add ground flax seed and wheat bran to your pancake mix
- Incorporate fresh, frozen or dried fruit into your mix instead of chocolate chips
- Try adding sliced bananas, frozen blueberries, grated apple, or raisins to the uncooked side of your pancakes before you flip them
- Grate vegetables like carrot or zucchini into your pancake mix
- Offer nutritious toppings like yogurt and fruit in place of sugary pancake syrup
- Replace processed pancake syrup with a small amount of pure maple syrup
- Provide healthy toppings such as fruit, berries, seeds, yogurt and coconut so children can create their own pancake faces or pancake animals
- Use cookie cutters to create unique pancake shapes
- Spread yogurt or nut butter on a pancake, place slices of apple or banana in the center and roll it up

## RECIPES

### Pumpkin Pancakes

Yield: 18 pancakes

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 3 tbsp lightly packed brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp ground allspice
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp salt
- 1 egg
- 1½ cups 1% milk
- 1 cup canned pumpkin puree (not pie filling)
- 2 tbsp olive oil
- 1 tbsp white vinegar
- Cooking spray

Jazz up these basic pancake recipes by incorporating your favorite healthy ingredients, or try one of the nutrition tips above.



1. In a large bowl, combine all-purpose flour, whole wheat flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt.
2. In another large bowl, whisk together egg, milk, pumpkin purée, oil and vinegar. Add to flour mixture and stir to combine.
3. Heat a griddle or large non-stick skillet over medium heat. Spray lightly with cooking spray. For each pancake, pour ¼ cup batter onto griddle and cook for about 2 minutes or until bubbly around the edges. Flip and cook for 2 minutes or until golden brown. Transfer to a plate and keep warm in preheated oven. Repeat with the remaining batter, spraying griddle and adjusting heat between batches as needed.
4. Serve topped with Applesauce or Sunshine Dip.

### Oatmeal Pancakes

Yield: 16 pancakes

- 1 cup whole wheat flour
- 1 cup old-fashioned oats
- ¼ cup wheat germ
- ¼ cup instant non-fat dry milk powder
- 1 tbsp brown sugar
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp ground cinnamon
- 2 eggs
- 2 cups buttermilk
- 1/8 cup olive oil
- 1/8 cup applesauce

1. In a large bowl, combine dry ingredients. In another bowl, beat eggs, buttermilk, oil and applesauce; mix well. Stir into dry ingredients just until blended.
2. Pour batter by ¼ cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden.
3. Serve topped with Rhubarb and Strawberry Compote or Raspberry Fruit Medley.



Retrieved from AllRecipes.com: <http://allrecipes.com/recipe/oatmeal-pancakes-2/detail.aspx> (Feb. 14, 2012)

### Flaxseed Meal Pancakes

Yield: 24 pancakes

- ¾ cup ground flaxseed
- 1 tsp salt
- 2 tbsp baking powder
- ¼ cup brown sugar
- 3 cups whole wheat pastry flour
- 3 cups 1% milk
- 2 eggs

1. Sift together the dry ingredients. Combine the egg and milk and add to the flour mixture, blend together.
2. Pour batter onto a medium hot seasoned griddle and cook until bubbles are well-formed around edges of the pancakes; flip and cook the other side until golden brown.
3. Serve with Saucy Blueberry Topping or Strawberry Apple Salsa.

Retrieved from BobsRedMill.com: [www.bobsredmill.com/recipes.php?recipe=930](http://www.bobsredmill.com/recipes.php?recipe=930) (Feb. 14, 2012)



### Applesauce

Yield: 16 servings of ¼ cup

- 3 lbs apples, washed, peeled and cored
- ¾ cup water
- ¼ tsp cinnamon
- pinch nutmeg
- ¼ cup brown sugar

1. Quarter the apples and place in a large saucepan with the water, cinnamon, and nutmeg.
2. Bring the water to a boil, lower the heat, and simmer until the apples are soft.
3. Mash with a potato masher.
4. Add the sugar to the applesauce.

Explore healthy alternatives to pancake syrup and try one of these toppings courtesy of *Strive for Five at School!* from the Annapolis Valley Health Promoting Schools Program

### Sunshine Dip

Yield: 8 servings of ¼ cup

- 1½ cups 2% vanilla yogurt
- ¼ cup frozen orange juice concentrate (thawed)
- ½ tsp cinnamon
- 1 tbsp honey

1. Mix all the ingredients in a bowl until well blended.
2. Chill and serve.





### Rhubarb and Strawberry Compote

Yield: 14 servings of ¼ cup

- 5 cups rhubarb, frozen, cut into 1-inch
- ½ cup orange juice
- ¾ cup brown sugar, lightly packed
- 2 tsp cinnamon, ground
- ¼ tsp ginger, ground
- 3 cups whole strawberries, frozen

1. Combine the rhubarb, orange juice, brown sugar, cinnamon, and ginger in a large saucepan and cover.
2. Simmer over low heat until the rhubarb is tender, about 30 minutes, stirring every 10 minutes and watching that the mixture does not scorch on the bottom of the pan.

3. Add the strawberries and cook a few minutes longer, until they are well mixed into the rhubarb sauce. The strawberries should still have their form and should not be mushy.

### Raspberry Fruit Medley

Yield: 16 servings of ¼ cup

- 2 cups apples, diced
- 1 x 14-oz can pear halves in natural juice, drained and diced
- 3 cups whole raspberries, frozen
- 3 tbsp honey
- 1 tbsp lime juice

1. In a bowl, combine the raspberries, apples, and pears.
2. Mix the honey and lime juice. Add to the raspberries, apples, and pears.



### Saucy Blueberry Topping

Yield: 10 servings of ¼ cup

- 2½ cups whole blueberries, frozen
- 1 cup extra-fruit wild-berry fruit spread
- ¼ tsp cinnamon

1. Combine the ingredients in a large saucepan and heat until the fruit spread is melted and mixed well with the blueberries.
2. Simmer over low heat for 10 minutes or until all of the extra liquid has been evaporated.



### Strawberry Apple Salsa

Yield: 10 servings of ¼ cup

- 2 cups whole strawberries, frozen
- 2 medium apples, cored and diced
- ¼ cup honey
- zest from 1 orange

1. Spread the strawberries on a large pan to thaw for about 30 minutes.
2. In a large bowl, mash the strawberries with a potato masher. Add the apples, honey, and orange zest. Stir well to blend.

**A nutritious breakfast  
makes everything possible!**