



Kids can help!

- Let kids help you choose a healthy recipe, then go shopping with you for fresh ingredients.
- Praise kids for their efforts to help foster a love of cooking.

Zack's Healthy Pancakes

SERVES 6

This recipe makes crêpe-like pancakes. To make fluffy pancakes instead, add 1 tsp (5 mL) baking powder to the dry ingredients and form four smaller pancakes per batch. You may also wish to replace the 1% milk with plain, unsweetened yogurt or almond milk.

1/3 cup (80 mL) quinoa flour
2/3 cup (160 mL) whole wheat flour
1 overripe banana, mashed
2 eggs
1 cup (250 mL) 1% milk
3/4 cup (180 mL) fresh or frozen strawberries, raspberries or blueberries, chopped or crushed
1 tsp (5 mL) grapeseed oil
Maple syrup, to taste

In large bowl, combine flours. In medium bowl, mash banana well and whisk in eggs and milk. Pour wet ingredients into dry ingredients and whisk until just combined. Gently stir in berries.

Grease 8 in (20 cm) skillet with oil and heat over medium heat. Add 1/4 cup (60 mL) batter to pan and swirl to coat. Cook for 2 to 3 minutes, or until crêpe releases from bottom of pan. It should not be golden like a pancake. Flip and cook for 2 to 3 more minutes. Repeat with remaining batter. Serve with maple syrup.

EACH SERVING CONTAINS: 166 calories; 7 g protein; 4 g total fat (1 g sat. fat, 0 g trans fat); 29 g total carbohydrates (13 g sugars, 3 g fibre); 45 mg sodium >