

From the Kitchen of the

Cent\$ible Nutrition Program

Pancakes

Ingredients

- 2 cups *CNP Master Mix*
- 1½ cups water or low-fat milk
- 1 egg, beaten

Directions

1. Wash hands in warm, soapy water.
2. Combine all ingredients, stirring just enough to moisten dry ingredients.
3. Coat griddle, fry pan, or electric skillet with nonstick spray.
4. Drop batter by spoonfuls onto hot surface.
5. Turn pancake when bubbles appear on the surface. Cook until well-browned on both sides.

Nutrition Facts

Serving Size 2 pancakes (174.88g)
Servings Per Container 4

Amount Per Serving

Calories 330 **Calories from Fat** 110

% Daily Value*

Total Fat 13g 20%

Saturated Fat 1.5g 6%

Trans Fat 0g

Cholesterol 50mg 16%

Sodium 640mg 27%

Total Carbohydrate 43g 14%

Dietary Fiber 3g 12%

Sugars 6g

Protein 10g 21%

Vitamin A 0% • Vitamin C 0%

Calcium 30% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Serves: 4



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.