

Sheet Pan Pancakes

Makes
12 servings

Prep time
10 minutes

Cook time
20 minutes

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Ingredients:
1 cup whole wheat flour
1 cup all-purpose flour
¼ cup brown sugar
1 Tbsp. baking powder
¼ tsp. salt
2 large eggs
1¼ cup non-fat milk
1 tsp. vanilla extract
2 Tbsp. vegetable or Canola oil

Topping Suggestions (optional):
1 Tbsp. semi-sweet chocolate chips
1 Tbsp. peanut butter
1 Tbsp. jam or jelly
½ cup mango or other fruit, diced
½ banana, sliced
¼ tsp. cinnamon

Nutrition Facts

12 servings per container
Serving size 1 pancake bar (59g)

Amount per serving
Calories **110**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 75mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 133mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

- Preheat oven to 425 degrees F. Coat sheet pan with nonstick cooking spray, making sure to get sides and corners of the pan. Set aside.
- In a large mixing bowl, combine flours, brown sugar, baking powder, and salt. Set aside.
- In a separate bowl, whisk together eggs, milk, vanilla extract, and oil.
- Add wet ingredients to dry ingredients. Mix well until smooth.
- Pour batter onto prepared sheet pan. Tap the pan on the counter a few times to even out and flatten the batter. Top with your toppings of choice.
 - Topping Suggestions:
 - Sprinkle with chocolate chips.
 - Mix peanut butter and jelly in a bowl. Drop spoonfuls of the PB&J onto the batter, and swirl using a toothpick or knife.
 - Top with diced mango or other fruit.
 - Top with banana slices and cinnamon.
- Bake for 15 to 18 minutes or until a toothpick inserted in the center comes out clean.
- Allow it to cool before serving. Cut into bars. Serve warm. Refrigerate leftovers.

