



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Pancakes\*

2 cups MASTER MIX  
 1¼ cups water or lowfat milk  
 1 egg beaten

1. Combine all ingredients, stirring just enough to moisten dry ingredients.
2. Drop by spoonful onto hot nonstick or greased griddle or frying pan.
3. Cook until pancakes have bubbly surface and slightly dry edges, then turn once to brown second side. Makes 12-16 pancakes.

*Variation:*

**Waffles-** Add 1 tablespoon canola oil pancake mixture. Bake in preheated waffle iron. Makes 4 small waffles.

## Nutrition Facts

Serving Size: 1 pancake (59g)  
 Servings 8

Amount Per Serving

**Calories** 110      Calories from Fat 40

**% Daily Value\***

**Total Fat** 4.5g      **6%**

Saturated Fat 0.5g      **2%**

**Cholesterol** 25mg      **10%**

**Sodium** 220mg      **10%**

**Total Carbohydrate** 15g      **6%**

Dietary Fiber 0g      **0%**

Sugars 3g

**Protein** 3g

Vitamin A 0%      Vitamin C 0%

Calcium 10%      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      Carbohydrate 4      Protein 4

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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