



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Flax Flour



Oatmeal



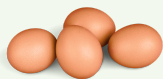
Maple Syrup



Apple



Blueberry



Egg

Three Grain Pancakes

By Jenny & Rosie

Serves 4-6

Ingredients

- 1 Cup (125 mL)
- ¼ Cup (60 mL)
- ½ Cup (125 mL)
- 1 Tbsp (15 mL)
- 1 tsp (5 mL)
- 2 Tbsp (30 mL)
- ½ tsp (2 mL)
- 4
- 1 ½ Cups (375 mL)
- 2 Tbsp (30 mL)
- 1 Cup (250 mL)
- As needed
- ¼ Cup (60 mL)

- Whole wheat flour**
- Ground **flax seed***
- Oatmeal**, ground to a powder in a blender*
- Baking powder
- Cinnamon
- Sugar
- Salt
- Eggs**, lightly beaten
- Milk** or water
- Melted **butter** or oil
- Blueberries** or diced **apples** (optional)
- More **butter** or oil for cooking
- Maple syrup**

*Note: If you don't have flax flour or oatmeal, use 1 ¾ Cups (435 mL) whole wheat flour.

Directions

Note: Wash all produce well.

1. Whisk the flour, flax, oats, baking powder, sugar and salt in a large bowl.
2. Add the eggs, milk or water, and butter. Whisk until combined.
3. Add the optional blueberries or apples and stir to combine.
4. Heat a large frying pan over medium heat for a few minutes before adding a couple teaspoons of butter and tilting the pan in all directions to coat.
5. Spoon in pancake batter in by ¼ Cupfuls and let cook until the edges look dry and bubbles have formed on top. Flip, cook another minute or so, then stack onto a plate to keep warm. Add a little more butter to the pan for each batch you cook.
6. Serve with maple syrup and Apple Blueberry Sauce or fresh fruit.

Bonus Recipe: Apple Blueberry Sauce

Ingredients

- 1 lb (454 kg)
- ¼ Cup (60 mL)
- ¾ tsp (4 mL)
- Apples**, seeded and chopped (no need to peel)
- Fresh or frozen **blueberries**
- Vanilla

Directions

1. Put the chopped apples in a large empty pot.
2. Cover and cook on low until moisture starts to come out of the apples, then increase the heat to medium and cook until soft.
3. Add the blueberries and remove from the heat.
4. Cool the mixture slightly, then purée apples with a food processor, immersion blender or blender. Stir in vanilla.



Note from the Authors

"Fruit sauce is a popular healthy addition to any plate and goes perfectly with pancakes. This is a great way to use imperfect fruit. Many local farms have seconds and great deals when buying large quantities, as well as frozen local fruit for sale so you can really make this a local treat whatever the season. Apples and frozen blueberries are available year round, so you can make this local treat whatever the season!"

- Jenny & Rosie

Create Your Plate!

Veg It Up

Add ½ Cup mashed sweet potatoes, squash or pumpkin to the milk mixture in Step 3 for Pumpkin Pancakes. This makes slightly more than 4-6 servings.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style. Choose from seasonal local fruit or use some frozen and imported fruit in winter. Supply small bowls for fruit to control portion sizes and make it affordable.

- ★ **Fruit sauce**
- ★ **Scrambled eggs**
- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries**
- ★ **Dried blueberries**
- ★ Imported fruit such as bananas, mango, kiwis, oranges, grapes, starfruit



Scrambled Eggs



Apples



Pears



Peaches



Blueberries



Raspberries



Blackberries



Strawberries



Yogurt



Seeds or granola



Dried cranberries



Dried blueberries