



Green for Go Local

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



Flax Flour



Oatmeal



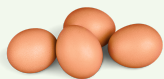
Maple Syrup



Apple



Blueberry



Egg

Three Grain Pancakes

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 2 × 4-inch pancakes

Ingredients

For Pancakes:

10 cup (2.5 L)
2 cups (500 mL)
3 cups (750 mL)
½ cup (125 mL)
2 Tbsp (30 mL)
1 cup (250 mL)
2 Tbsp (30 mL)
32
16 cups (4 L)
1 cup (250 mL)
As needed

Whole wheat flour

Ground **flax seed (flax flour)**

Oatmeal, ground to a powder in a blender

Baking powder

Cinnamon

Sugar

Salt

Eggs, lightly beaten

Milk, water or a mixture

Melted **butter** or oil

Butter, oil or cooking spray for cooking

To Serve:

3 cups (750 mL)

Maple syrup

Directions

Note: Wash all produce well. If serving with Apple Blueberry Sauce, start cooking that first so it has time to cool. **Pancakes can also be baked on a sheet pan (see step 5).**

1. Preheat the flat top to 375°F (190°C) if you have one. Preheat the oven to 170°F (75°C).
2. In a large bowl, combine the whole wheat flour, ground flax, ground oats, baking powder, cinnamon, sugar, and salt.
3. In a separate bowl, whisk the eggs, milk, and butter or oil. Pour into the dry ingredients and mix thoroughly.
4. If you don't have a flat top, heat two large pans over medium heat for a few minutes. Add butter or oil or spray with cooking spray. Spoon in pancake batter by the ¼ cupful (60 mL) and let cook until the edges look dry and bubbles have formed on top.
5. Flip the pancakes, then cook on the other side until they are done, about a minute. As the pancakes cook, pile them in a hotel pan and keep warm in the oven, covered. Alternatively, you can also bake the pancake batter on 4 buttered half-size sheet pans at 425°F (225°C) for about 20 minutes. Cut into strips or squares to serve.
6. Serve two pancakes per plate with 1 Tbsp maple syrup and fruit sauce or fresh fruit.



Equipment

- Large bowl
- 2 large frying pans

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!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Fruit sauce** (see Maple Apple French Toast Bake recipe)
- ★ **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**
- ★ Try imported fruit such as bananas, mango, kiwis, oranges, grapes, starfruit

Tips & Tricks

Make Ahead & Make Extra

Mix up an extra batch or two of the dry ingredients to make it easier next time you serve pancakes. For each cup of mix, add 2 eggs, 1 cup milk or water, and 1 Tbsp melted butter or oil. Apple Blueberry Sauce can be made ahead and leftover sauce may be frozen; thaw in the refrigerator a few days in advance.

Conversion Measures

- 1 lb of apples (about 3 medium apples) = 1 ½ cups apple sauce

Veg (or Fruit) It Up!

Add 4 cups mashed sweet potatoes, squash or pumpkin to the milk mixture in Step 3 for Pumpkin Pancakes. Yield will be a bit higher. For blueberry or diced apple pancakes, add 8 cups (2 L) fruit after Step 3.