



NUTRITION CONSULTING INC.

Barley Pancakes

Thanks to Hamilton's Barley Flour www.hamiltonsbarley.com for this recipe.

A great whole grain pancake! Top with berries and yogurt/cottage cheese for a complete meal.

Makes 10 servings

What you need:

2 cups Hamilton's barley flour
2 tbsp. granulated sugar
2 tsp. baking powder
1/2 tsp. salt
2 cups milk or buttermilk
2 eggs slightly beaten



How you prepare:

In a medium sized bowl combine ingredients in order given. The batter will be thicker than other pancake batters—do not dilute. Ladle batter onto a hot (380 F.) griddle. When bubbles pop and edges appear dry, turn to brown the other side.

Blueberry Pancakes: Add 1/2 tsp. cinnamon to the flour mixture and stir 1 cup frozen or fresh blueberries into the batter. Makes 10 (4-inch) pancakes.

Per serving (without blueberries):

Calories 146
Carbohydrates 27 g
Protein 6 g
Fat 2 g
Dietary Fiber 3 g

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