



## Morning Pancakes

6 servings (2 pancakes per serving)

### Ingredients

- 1 cup Dannon® Plain Lowfat Yogurt
- 1 large egg
- 3 Tbsp. oil (canola or corn), plus oil for greasing pan
- $\frac{3}{4}$  cup whole wheat flour
- 1 tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- 1 cup mixed chopped fruit (banana, blueberries, strawberries)



### Directions

1. Combine the yogurt, egg, and 3 Tbsp. oil in medium bowl. Mix well.
2. Stir together the flour, baking powder and baking soda in a large separate bowl.
3. Add yogurt mixture to flour mixture and stir. Gently stir in fruit.
4. Heat a greased large nonstick skillet over medium-low heat until hot.
5. Pour 2 Tbsp. of batter onto skillet in batches to form the pancakes. Cook 2-3 minutes, then flip each pancake and cook 1 minute more, or until golden brown.
6. Serve with Berry Yogurt Topping, if desired.



## Berry Yogurt Topping

Makes  $1\frac{1}{4}$  cups

### Ingredients

- 1 cup Dannon® Plain Lowfat Yogurt
- $\frac{1}{4}$  cup blueberries

### Directions

Place yogurt and blueberries in blender. Blend until smooth.

**Nutrition Facts:** Serving Size 2 pancakes (97g), Servings per Container 6, **Calories** 170, Calories from Fat 80, **Total Fat** 9g (14% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, Polyunsaturated Fat 2.5g, Monounsaturated Fat 5g, **Cholesterol** 35mg (12% DV), **Sodium** 220mg (9% DV), **Total Carbohydrate** 20g (7% DV), Dietary Fiber 2g (8% DV), Sugars 7g, **Protein** 5g, Vitamin A 2%, Vitamin C 10%, Calcium 15%, Iron 4%. Percent Daily Values are based on a 2,000 calorie diet.

## Did you know?

Yogurt can often contain **3 out of the 4 nutrients of concern**: calcium, vitamin D and potassium

Yogurt pairs well with other **nutrient dense foods**, including fruits, vegetables and whole grains

**Live cultures in yogurt** may help with lactose digestion for individuals who have difficulty digesting lactose

## Swaps with Yogurt

Ingredient	Swap
1 cup sour cream	1 cup Dannon® Plain Lowfat Yogurt
1 cup buttermilk (whole)	$\frac{2}{3}$ cup Dannon® Plain Nonfat Yogurt plus $\frac{1}{3}$ cup milk
1 cup mayonnaise	1 cup Dannon® Plain Nonfat Yogurt
1 cup cream cheese	1 cup Dannon® Plain Nonfat Yogurt

Note: Dannon® products featured meet the Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check with your state/local WIC program regarding eligibility.

