

Oven-Baked Three-Grain Pancakes

Grains/Breads

Grains/Breads

A-06B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched buckwheat flour	5 oz	1 cup	10 oz	2 cups	<ol style="list-style-type: none"> Combine flours, wheat bran, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 1 minute on medium speed until batter is smooth. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. No CCP necessary.
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Wheat bran	5 oz	1 cup	10 oz	2 cups	
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

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SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice bread.	25 Servings: 2 lb 9 oz	25 Servings: 1 quart 1 cup (batter) 1 half-sheet pan
	50 Servings: 5 lb 2 oz	50 Servings: 2 quarts 2 cups (batter) 2 half-sheet pans
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Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Nutrients Per Serving					
Calories	98	Saturated Fat	0.73 g	Iron	1.26 mg
Protein	3.90 g	Cholesterol	20 mg	Calcium	128 mg
Carbohydrate	15.76 g	Vitamin A	89 IU	Sodium	295 mg
Total Fat	3.47 g	Vitamin C	0.3 mg	Dietary Fiber	3.7 g