

# Healthy Homemade Pancakes and Waffles

Servings: 2

RECIPE BOX

## INGREDIENTS

1/2 CUP WHITE FLOUR  
YOU CAN USE 1 CUP WHOLE WHEAT FLOUR, IT  
MAKES THE CAKES MORE DENSE  
1/2 CUP WHOLE WHEAT FLOUR  
1 TBSP SUGAR  
2 TSP BAKING POWDER  
1/4 TSP BAKING SODA  
1/4 TSP SALT  
1 BEATEN EGG  
1 CUP MILK  
2 TBSP UNSWEETENED APPLESAUCE OR MELTED  
COCONUT OIL ( A LITTLE MORE FOR WAFFLE  
MIX)  
\*for waffles I also add 1T honey or 1 TSP vanilla



## DIRECTIONS:

**STEP 1:** Combine dry ingredients.

**STEP 2:** Combine egg, milk and oil.

**STEP 3:** Pour wet ingredients into dry mix and stir.

Optional: add smashed bananas or blueberries.

Vegan: Use whipped tofu in the place of the egg

**GF** Use all purpose gluten free flour mix.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 215, Total Fat 3g, Carbs 37g, Protein 11g, Fiber 3g, Sugars 13g.

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