

# Pineapple Pancakes

Servings: 4

RECIPE BOX

## INGREDIENTS

1 1/2 CUPS CRUSHED PINEAPPLE  
1/4 CUP SUGAR  
2 TSP BAKING POWDER  
1 TSP BAKING SODA  
1/2 TSP SALT  
2 EGGS  
1/4 CUP BUTTER, MELTED  
1 CUPS ALL-PURPOSE FLOUR  
1/2 CUP WHOLE-WHEAT FLOUR  
2 TBSP FLAXSEED OR WHEAT GERM



## DIRECTIONS

**STEP 1:** In a large mixing bowl, make the batter by stirring together pineapple, sugar, baking powder, baking soda, salt, eggs and melted butter.

**STEP 2:** Combine both flours and flaxseed in small bowl.

**STEP 3:** Slowly add in flour until you have a nice batter. You want it thin enough to spread slightly, without being runny.

**STEP 4:** Heat a heavy, flat, nonstick griddle or skillet over med-high heat. Pour batter in 1/4 cup scoops. When bubbles start to form, flip and cook on other side until browned.

**STEP 5:** Keep warm until serving (200 degree oven & cookie sheet works well)

**STEP 6:** Top with toasted walnuts and extra pineapple.

**GF** This recipe is gluten free as written.

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

Nutrition per Serving: Calories 282, Total Fat 16g, Carbs 31g, Protein 6g, Fiber 3g, Sugars 17g.

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