



Spring Harvest Pancakes with Chilean Fruit, Maple Syrup and Gingermint

INGREDIENTS

PANCAKE BATTER

3/4 cup rolled oats
2 cups all-purpose flour
1-3/4 cups whole wheat flour
1/4 cup pumpkin seeds, toasted
1/4 cup golden flaxseed, toasted
1/4 cup sunflower seeds, toasted
1/4 cup wheat bran
1/2 cup wheat germ
1/2 cup brown sugar
1-1/2 Tbsp. kosher salt
1 Tbsp. baking powder
2 tsp. baking soda
3 eggs, separated
1-3/4 cups whole milk
Clarified butter, as needed for cooking



FRUIT

3 cups fresh Chilean blueberries
3 cups fresh Chilean strawberries, quartered
6 fresh Chilean clementines, peeled and sectioned
4 ounces (1 stick) butter, softened
Warm maple syrup; as needed
1/2 cup small gingermint leaves
Cinnamon-sugar mix; as needed

INSTRUCTIONS

In large stainless steel bowl, whisk first 12 ingredients together thoroughly. Make well in center; set aside. In another bowl, whisk egg whites until soft peaks form; set aside. Add egg yolks and milk to well in dry ingredients; then, beginning from center, slowly incorporate dry ingredients into wet with whisk. Mix well and fold in whipped egg whites. Cover with plastic wrap and let stand at room temperature for 30 minutes.

Mix blueberries, quartered strawberries and sectioned clementines in separate bowl and set aside.

Preheat griddle to 350°F; oil with clarified butter. Pour 1/4 cup pancake batter onto griddle and, allowing space between pancakes, add as many as griddle will hold. Cook 2 to 3 minutes until golden



brown on the bottom and bubbles appear on the top. Turn and cook until second side is golden brown, 1 to 2 minutes. Spread each pancake with 1 teaspoon softened butter.

To serve: Arrange buttered pancake in center of warm serving plate; drizzle with warm syrup. Top with second pancake; drizzle with more syrup and sprinkle each stack with gingermint, cinnamon-sugar and top with fruit mix. Serve immediately with additional syrup, as desired.

SERVES 6

NUTRIENTS PER SERVING

949 calories, 42 gms fat, 378 calories from fat, 17 gms saturated fat, 174 mg cholesterol, 1,979 mg sodium, 14 gms dietary fiber, 29 gms protein

Recipe for the Chilean Fresh Fruit Association by David Schneider, Virginia Wesleyan College, Norfolk, VA