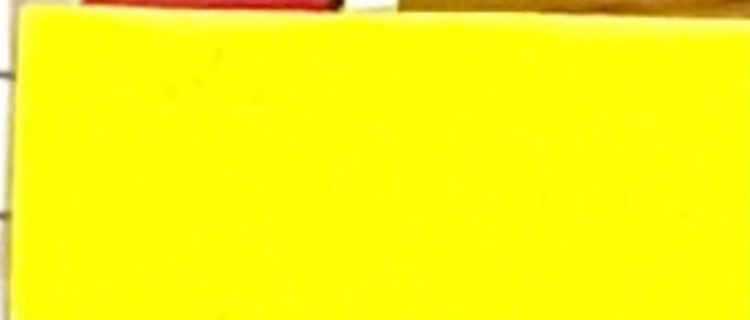
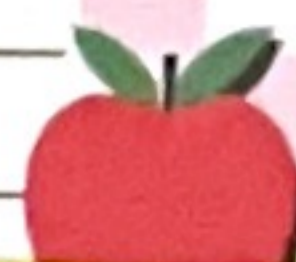




Fruited Buttermilk Oven Pancakes

Serves: _____



1½ cups all-purpose flour
2 tablespoons sugar
1 teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon salt

● In a mixing bowl combine flour, sugar, soda, baking powder, and salt.

Skip griddling individual pancakes. How? Bake all four servings together in the oven. The result? Light, cakey, square pancakes.

1 beaten egg
1½ cups buttermilk
3 tablespoons cooking oil

● In another mixing bowl combine egg, buttermilk, and cooking oil. Add all at once to dry ingredients. Stir just till mixed but still slightly lumpy.

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¾ cup fresh or frozen blueberries, rinsed and drained, or one 8¼-ounce can crushed pineapple, drained, or 1 medium apple, peeled, cored, and coarsely chopped
2 tablespoons sugar
½ teaspoon ground cinnamon
Orange Butter* (optional)
Maple-flavored syrup (optional)

● Spread batter evenly in a greased and floured 15x10x1-inch baking pan. Sprinkle fruit over top of the batter. Combine sugar and cinnamon; sprinkle evenly over fruit.

Bake in a 350° oven for 16 to 18 minutes or till top springs back when lightly touched and top is lightly brown around the edges. Cut into 12 square pancakes. Serve with Orange Butter and maple-flavored syrup, if desired. Makes 12 pancakes (4 to 6 servings).

Nutrition information per pancake: 129 calories, 3 g protein, 19 g carbohydrate, 4 g fat, 24 mg cholesterol, 199 mg sodium, 76 mg potassium.

***Note:** To reduce calories and cholesterol, substitute 2 slightly beaten egg whites for the whole egg. Omit the Orange Butter and serve with syrup, if desired. (124 calories, 4 g fat, 1 mg cholesterol per pancake.)

Orange Butter: Soften ½ cup margarine or butter. Beat in 1 teaspoon finely shredded orange peel and 1 tablespoon orange juice till combined. Makes about ½ cup.

Nutrition information per tablespoon: 103 calories, 0 g protein, 0 g carbohydrate, 11 g fat, 0 mg cholesterol, 134 mg sodium, 10 mg potassium.