Cinnamon Wheat Pancakes with Berry Compote

Ingredients:
Compote:
• 2 Cup mixed berries
• 1/3 Cup apple juice
• 1 Tablespoon sugar
• 1 Tablespoon cornstarch
Pancakes:
• 1 teaspoon baking soda
• 1.5 Cup buttermilk
• 1 Cup whole wheat flour
• 1 Tablespoon cinnamon
• 1 Tablespoon sugar
• 2 egg whites
• 1 teaspoon vanilla

Directions:
1. Heat berries and juice in saucepan (simmer 5 min). Meanwhile, combine sugar and cornstarch. Add to berry mixture, and let boil. Remove from heat.
2. In small bowl, mix soda and buttermilk. Set aside. In large bowl, combine flour, cinnamon, and sugar. Add buttermilk mixture and rest of ingredients. Stir well.
3. Heat two frying pans to medium high heat (with cooking spray). Pour small amount batter on griddles, and cook until done. Serve with compote.

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