

Cornmeal Pancakes



breakfast

POINTS® Value: 2

Servings: 10

Preparation Time: 6 min

Cooking Time: 15 min

Level of Difficulty: Easy

Start the day with these satisfying, and slightly sweet, cornmeal pancakes.

Ingredients

- 1 cup(s) all-purpose flour
- 1/3 cup(s) uncooked yellow cornmeal
- 1 tbsp sugar
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp table salt
- 1 large egg(s), lightly beaten
- 1 cup(s) 1% low-fat milk
- 1 tbsp molasses
- 1 tbsp butter, melted
- 1 spray(s) cooking spray

Instructions

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next five ingredients in a large bowl; stir with a whisk. Combine egg and next three ingredients in a bowl. Add egg mixture to flour mixture, stirring until well blended.

Spoon 1/4 cup batter for each pancake onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered in bubbles and edges look cooked. Yield: 10 servings (serving size: 1 pancake).

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