



## Orange Buttermilk Pancakes

### Ingredients

2 ¼ Cups All Purpose Flour  
3 Tbsp Sugar  
1 Tbsp Baking Powder  
½ tsp Salt  
2 tsp Finely Shredded Orange Peel  
1 Cup Orange Juice  
1 Cup Buttermilk  
1 Egg (lightly beaten)  
2 Tbsp Cooking Oil

### Nutrition Facts (per serving)

| Calories          | 102  |
|-------------------|------|
| Fat (g)           | 2.3  |
| Saturated Fat (g) | 0.3  |
| Cholesterol (mg)  | 1.3  |
| Sodium (mg)       | 91.7 |
| Carbohydrate (g)  | 17.8 |
| Fiber (g)         | 0.5  |
| Protein (g)       | 2.7  |
| Calcium (mg)      | 67.3 |

### Preparation

In a large bowl combine flour and other dry ingredients including orange peel. In a medium bowl combine remaining ingredients. Stir orange juice mixture into flour mixture until combined but still slightly lumpy.

Heat a slightly greased griddle or heavy skillet over medium heat. For each pancake pour about ¼ cup batter onto griddle. Cook until golden; turn when tops are bubbly and edges are slightly dry (1 to 2 minutes per side).

**Makes 16 pancakes**

**Serving Size: 1 pancake**

