

## Cinnamon Bulgur Pancakes

These hearty breakfast pancakes have a nutty flavor and are sure to be a Sunday favorite topped with bananas and cinnamon.

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### Ingredients

- 1/2 cup bulgur and one cup boiling water
- 1/2 cup raisins or one cup fresh blueberries (optional)
- 1/2 cup whole wheat flour
- 1/2 cup all purpose flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 teaspoon cinnamon
- 3/4 cup milk
- one egg
- 2 tablespoons canola oil

### Instructions

1. Pour water over bulgur and let sit covered 30 minutes, stir in raisins or fruit if using.
2. In large bowl, mix dry ingredients (flours, banking powder, sugar, salt and cinnamon) set aside.
3. In another bowl mix milk, lightly beaten egg, and canola oil.
4. Add wet ingredients into bulgur and fold into dry ingredients until just mixed.
5. Pour onto heated griddle. Make sure to watch these carefully as to not burn the pancakes, pancakes should be golden brown.
6. Serve with sliced bananas, cinnamon and real maple syrup.

### Nutrition Information

Serving size: 4 Calories: 268 Fat: 8 Saturated fat: 1.5 Trans fat: 0 Carbohydrates: 42 Sugar: 5 Fiber: 4 Protein: 7

Recipe by MyRDNutritionist at <http://myrdn.com/hearty-bulgur-pancakes/>

