



## FLUFFY WHOLE WHEAT PANCAKES WITH FLAXSEED

### Ingredients

#### DRY

- 1 cup whole wheat flour
- 3 tablespoons ground flaxseed
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon

#### WET

- 1 cup whole milk
- 1/2 cup nonfat plain Greek yogurt
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1 large egg, beaten
- 1/4 cup unsweetened applesauce

### INSTRUCTIONS

1. Preheat a large non-stick pan over medium-low heat.
2. Mix dry ingredients in a small bowl with a large spoon. Set aside.
3. In a large bowl, whisk together all wet ingredients until smooth.
4. Add dry ingredients to the wet. Whisk until thoroughly combined.
5. Lightly grease the pan with cooking spray, butter, or coconut oil.
6. Pour 1/3 cup of batter into the pan. Cook for 2-3 minutes, until the surface bubbles. Flip and cook for another 2-3 minutes.
7. Repeat until batter is gone (about 7-8 medium-sized pancakes).
8. Serve with desired toppings: fresh fruit, butter, maple syrup, nut butter, or toasted walnuts (for extra omega-3s)



## HEART HEALTHY OMEGA-3S

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February is American Heart Month, which means it's the perfect time to think about adding heart-healthy omega-3s into your family's diet!

### What exactly are omega-3s?

- Omega-3s are a specific group of essential fats with several important roles in the body.
- Your body can't make omega-3s, so this means it's essential to get them from foods in your diet.

### What are some of the health benefits of omega-3s?

- Omega-3s support healthy heart function and may lower the risk of heart disease. Encouraging children to eat a balanced diet that includes omega-3s will help them begin their lifelong heart health journey.
- Omega-3s also add flexibility to cell membranes, which is crucial for healthy brain development and eye function in children.

### What are the best food sources of omega-3s?

- **Seeds:** flaxseeds, chia seeds, hemp seeds
- **Fish:** salmon, herring, anchovies, tuna, sardines
- **Other foods:** edamame, tofu, soy milk, brussels sprouts, avocado

### What are some ideas to eat more omega-3's?

- Add 1 tablespoon of flax, chia, or hemp seeds to a fruit smoothie
- Swap regular cow's milk for soy milk in breakfast cereal or oatmeal
- Add chopped seeds to the batter of waffles, pancakes, or muffins
- Make homemade edamame hummus, or add shelled edamame to your favorite stir fry or pasta recipe
- Make crispy baked salmon nuggets by coating small pieces of salmon in flour, eggs, then bread crumbs

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