

- » 1 egg
- » 1 1/4 cups (310 mL) buttermilk
- » 1 tablespoon (15 mL) molasses
- » 2 tablespoons (30 mL) margarine (melted)
- » 1 cup (250 mL) flour
- » 1 teaspoon (5 mL) salt
- » 1/2 teaspoon (3 mL) baking soda
- » 1/2 teaspoon (10 mL) baking powder
- » 1/2 cup (25 mL) yellow cornmeal
- » vegetable cooking spray

YIELD: 10 pancakes, 4 inches (9 cm) in diameter each

EXCHANGE: 1 bread, 1 fat per pancake

CALORIES: 95 per pancake

Beat egg, buttermilk, molasses, and margarine together until well blended. Add remaining ingredients, except vegetable cooking spray. Stir just enough to blend. Cook in skillet coated with vegetable cooking spray.