Whole Wheat German Pancakes

Ingredients:

1 Tbsp butter
3 eggs
½ cup skim or low-fat milk
½ cup whole wheat flour
Dash salt
Dash nutmeg
¼ tsp vanilla (optional)

Steps:

- Heat oven to 450°. Place butter in a 9-inch round or 8x8 baking dish and melt in oven while preheating. Be careful not to burn butter. Remove from oven and set aside.
- Meanwhile, whisk eggs in a small bowl. Set aside.
- In a medium bowl, whisk milk, flour, salt, nutmeg, and vanilla (if using) until smooth. Add eggs and stir until combined.
- Swirl melted butter in pan, including on the sides, then pour batter into dish. Bake 15-20 minutes or until set in the middle and lightly browned on edges. Remove and let cool slightly before cutting.
- Cut into squares or wedges and serve warm with fresh fruit on top, or sprinkled lightly with powdered sugar and lemon juice.

Tips from the Test Kitchen: Using white whole wheat flour or whole wheat pastry flour will give a lighter texture than hard red whole wheat. Measure flour by fluffing it, scooping it lightly into a measuring cup, and then leveling. This helps avoid using too much flour. If you aren't ready to use all whole wheat, try using half wheat and half white.