

Whole Grain Flapjacks

Here's a flapjack's real foray into the multi-grain world. You can treat yours the same way you would a normal pancake – butter and maple syrup for me, please – but rest assured that with whole protein-packed quinoa and millet, plus Omega-rich flaxseed meal, they'll treat you better, longer.

TIME: 40 minutes active time

MAKES: 4 servings

1 1/4 cups white whole wheat flour
2 tablespoons quinoa
2 tablespoons millet
2 tablespoons cornmeal
2 tablespoons flaxseed meal
2 tablespoons sugar
2 teaspoons baking powder
3/4 teaspoon kosher salt
2 large eggs, whisked to blend
1 cup milk
1/2 cup plain yogurt
1/2 teaspoon vanilla
1/4 cup (1/2 stick) unsalted butter, melted, plus more for skillet

Mix the first eight ingredients (all the dry) in a large bowl to blend. In another bowl, whisk the eggs, milk, yogurt, and vanilla together until smooth. Add the wet ingredients to the dry ingredients and stir just until combined, then whisk in the melted butter.

Heat a large nonstick skillet over medium heat. When hot, butter the pan lightly (or spray with vegetable oil spray), then drop the batter by scant 1/4 cupfuls, 3 to 4 at a time, depending on the size of your skillet. Cook flapjacks for 1 1/2 to 2 minutes per side, or until golden brown. Serve hot, and repeat with remaining batter, buttering pan as needed.

Note: Leftover batter can be stored in an airtight container for use in the next day or two.