Awesome Cornmeal Pancakes with Hawaii Fruit Puree  
(Makes 15 pancakes)

• These delightfully nutty and interestingly textured pancakes make nutritious and filling snacks and an educational and enjoyable family project.

• Younger members of the family can help gather ingredients and tools and measure the ingredients. Older members can cook the cakes.

• Unlike conventional white flour pancakes, these make a nice wrap even when they’re room temperature.

• If you’re serving the pancakes hot, skip the butter and conventional syrup in favor of sliced bananas, homemade sugarless fruit puree (see below), a sprinkle of cinnamon or a smear of sugar-free preserves.

• For cold pancake wraps, fill with peanut butter or other nut butters, fresh fruits, lowfat yogurt, low fat cream cheese, applesauce — anything spreadable and healthy — or even a slice of cheese, turkey or ham or a sandwich spread.

1 cup Boiling water
3/4 cup Medium or coarse stoneground cornmeal
1 T. Maple syrup, agave syrup, or molasses
1 cup Reduced-fat buttermilk*
1 1/2 cup whole wheat pastry flour
3/4 tsp. Salt
3 tsp. Baking powder
1/4 t. Baking soda
2 Eggs
2 T. Canola or safflower oil

*Substitute for buttermilk: 1 cup low fat milk mixed with 1 teaspoon vinegar; the milk will “clabber,” souring and thickening slightly.

1. In a large mixing bowl, combine water and cornmeal, stirring until smooth and slightly thickened.
2. Stir in agave syrup and buttermilk.
3. In a medium bowl or an oversize (8-cup) measuring cup, whisk together the pastry flour salt, baking powder and baking soda.
4. Stir into cornmeal mixture, combining well. Place a large frying pan or griddle over medium heat and spray with nonstick spray or wipe lightly with an oiled paper towel.
5. Set the oven to warm and place a heatproof platter in the oven. Stir in egg replacement and vegetable oil. Mix well.
6. Using a ladle, pour out sufficient batter to make a medium-size pancake (about 4 inches across). Watch for bubbles to form distributed throughout the pancake; turn and cook another half minute or so. Transfer pancakes to warm platter in oven.
Fresh Hawaii Fruit Puree

1 cup  Strawberries, chopped fresh
1 cup  Sliced apple bananas
¼ cup  Apple or orange juice.
Pinch  Cinnamon
½ Tsp.  Grated ginger

1. In a blender or food processor puree strawberries, along with apple or orange juice.
2. Add cinnamon or other spices or aromatics such as grated ginger to taste.
3. Remove puree to a bowl, and set aside sliced banana to serve with pancakes.
4. You can add toasted nuts or dried fruit for added texture.