Whole Wheat Pancakes

- 2 cups whole-wheat flour
- ½ cup wheat germ
- 1-teaspoon baking soda
- ½ teaspoon salt
- 2 eggs
- 3 cups buttermilk
- 1-tablespoon vegetable oil

Combine flour, wheat germ, baking soda and salt and set aside. In another bowl, whisk together the eggs, buttermilk and oil. Add wet ingredients to the bowl of dry ingredients and mix until just blended.

Pour batter by ¼ cupfuls onto a hot griddle that has been coated with cooking spray. Flip the pancakes when bubbles form on the top. Cook until golden brown.

**Serving Size:** 2 pancakes, makes 10 servings.

**Nutrition:** Per Serving: Calories: 157, Total fat: 4 grams, Saturated fat: 1 gram, Cholesterol: 45 mg, Sodium: 335 mg, Carbohydrate: 24 grams, Fiber: 4 grams, Protein: 9 grams