

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Haracopos:

Whole wheat cinnamon Pancakes with Honey-Vanilla Yogurt,
Berry Syrup, and Maple-Walnut Raisin Granola

Ingredients:

Pancakes

½ cup flour

½ cup whole wheat flour

1 Tsp baking powder

½ Tsp baking soda

¼ Tsp Salt

1 cup low-fat buttermilk

1 Tsp Vegetable Oil

1 Egg

Yogurt:

2 cups low-fat vanilla yogurt

2 Tbsn honey

¼ teaspoon vanilla extract

Berry Syrup:

1 cup blueberries

1 cup raspberries

1/3 cup maple syrup

1/8 Tsp Salt

¼ cup water

¼ cup honey

¼ cup maple syrup

1 Tbsn brown sugar

1 Tbsn Canola oil

½ cup raisins

Instructions:

1. Combine water, honey, syrup, sugar, and oil in saucepan and bring to boil
2. Pour over oats, walnuts, cinnamon, and salt
3. Bake in 300 degree oven for 35 minutes stir in raisins