

FAMILY FAVOURITE PANCAKES

Makes 20 5-inch pancakes

1 cup (250 mL)	flour
1/2 cup (125 mL)	whole wheat flour
2 Tbsp (30 mL)	sugar
1 Tbsp (15 mL)	baking powder
1/4 tsp (1 mL)	salt
1	egg
1	ripe banana, mashed
2 Tbsp (30 mL)	canola oil
2 cups (500 mL)	skim milk

Preheat griddle over medium heat. Spray with canola oil. In large bowl, add flours, sugar, baking powder and salt. Mix well with a wire whisk. In medium bowl, beat egg and blend in mashed banana. Add canola oil and milk. Mix well. Pour wet mixture into dry mixture. Mix until there are no lumps. Using a ladle, spoon on about 1/4 cup (60 mL) of pancake mixture and cook until bubbles form on the top and then flip. Brown on both sides. Serve warm with fresh fruit and maple syrup.

Serve with: MANITOBA ALE ROYALE – 2 parts Fort Garry Pale Ale (Canada) with 1 part Rigby Orchards Cassis Mead (Blackcurrant Mead, Canada)

WARM APPLE PANCAKES

Makes 4-6 servings

2 Tbsp (30 mL)	canola oil
4	apples, peeled, cored and thinly sliced
1/4 cup (60 mL)	brown sugar
1 tsp (5 mL)	cinnamon
1/2 tsp (2 mL)	nutmeg
3	eggs, beaten
1 cup (250 mL)	skim milk
1/2 cup (125 mL)	flour
1/2 cup (125 mL)	whole wheat flour
2 tsp (10 mL)	sugar
1/2 tsp (2 mL)	salt
1 cup (250 mL)	sliced strawberries

Preheat oven to 425°F/220°C. In large 10-inch oven proof skillet or cast iron pan over medium heat, add canola oil. Tilt pan to coat the edges. Add apples and sauté for 2 minutes. Add brown sugar, cinnamon and nutmeg. Sauté well for about 5 minutes or until apples are softened. In medium bowl, mix eggs, milk, flours, sugar and salt. Beat well. Pour batter over cooked apple mixture in oven proof pan. Sprinkle sliced strawberries over top of the batter. Place in oven and bake uncovered for 20-25 minutes. Serve warm. Dust with icing sugar or drizzle with maple syrup and serve with a dollop of Greek yogurt.

Serve with: MANITOBA WHISKEY MAPLE TEA – to hot tea add 1/2 oz Crown Royal (Whiskey, Canada) and 1 oz of Sweet Sippin Maple Whiskey Liqueur (Canada)

JENN'S CHEWY GRANOLA BARS

Makes 24 bars

3/4 cup (175 mL)	brown sugar
3/4 cup (175 mL)	honey
2/3 cup (150 mL)	smooth peanut butter
1/3 cup (75 mL)	canola oil
2 tsp (10 mL)	vanilla
1 tsp (5 mL)	cinnamon
1/2 tsp (2 mL)	nutmeg
1/2 cup (125 mL)	coconut flakes
1/2 cup (125 mL)	raisins
1/2 cup (125 mL)	chocolate chips
1/2 cup (125 mL)	sliced almonds skin on
1/2 cup (125 mL)	sunflower seeds
1/3 cup (75 mL)	wheat bran
2 Tbsp (30 mL)	sesame seeds
3 cups (750 mL)	large flaked oats

Preheat oven to 325°F/170°C. In extra large bowl, mix brown sugar, honey, peanut butter, canola oil, vanilla, cinnamon and nutmeg. Mix well. Add coconut, raisins, chocolate chips, almonds, sunflower seeds, bran, sesame seeds and oats. Stir until blended. In a 9x13 inch pan, line with parchment paper and lightly spray with canola oil. Press mixture into the pan, making sure it is even. Bake for 35-40 minutes. Cool in pan. Cut into individual bars and store in freezer.

Serve with: MANITOBA BLACK VELVET – equal parts of Stellar Jay Sumac Ridge Sparkling VQA Okanagan Valley (Sparkling Wine, Canada) and Half Pints Stir Stick Stout (Canada)