

# PEACHES and CREAM PANCAKE TACOS

SERVES: 5 | SERVING SIZE: 2 pancake tacos | PREP: 20 minutes | READY: 1 hour

## INGREDIENTS

- 3/4 cup white whole-wheat flour
- 3/4 cup all-purpose flour
- 3 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1 large egg
- 1 cup cultured low-fat buttermilk
- 2/3 cup 1% milk
- 2 tablespoons, plus 2 teaspoons neutral oil (such as canola), divided
- 2 1/4 teaspoons vanilla extract, divided
- 6 tablespoons (3 ounces) reduced-fat cream cheese
- 1/3 cup powdered sugar
- 1 teaspoon orange zest
- 3/4 cup plain 2% Greek yogurt (such as Fage Total 2% Greek yogurt)
- 2 1/2 cups diced fresh peaches (3 medium peaches)



## DIRECTIONS

In a large bowl, stir together whole-wheat flour, all-purpose flour, granulated sugar, cinnamon, baking powder, baking soda, and salt. In a separate bowl, lightly whisk egg. Add buttermilk, 1% milk, 2 tablespoons oil, and 2 teaspoons vanilla extract. Whisk until well combined.

Add buttermilk mixture to flour mixture and stir just until batter comes together, allowing some lumps to remain. Let batter rest for 20 minutes at room temperature before cooking pancakes.

While pancake batter is resting, prepare cream cheese filling by adding cream cheese, powdered sugar, orange zest, and 1/4 teaspoon vanilla extract to a bowl. With an electric mixer, cream together until smooth. Add yogurt and continue to blend until smooth. Refrigerate cream cheese filling until ready to use.

To cook pancakes, evenly coat a non-stick skillet or griddle pan with 1 teaspoon oil and set over medium heat. When hot, pour a 1/4-cup of batter onto skillet. With the back of a spoon, gently nudge batter to form a 4 1/2-inch round pancake. Cook, turning pancakes over when edges appear slightly dry and surface of batter begins to bubble. Cook second side of pancakes about half as long as first side. Use additional teaspoon of oil if needed to cook remaining batches of pancakes. Batter yields 10 pancakes.

To assemble 1 pancake taco, spread 1 pancake with 1 tablespoon cream cheese filling, top with a 1/4 cup diced peaches, fold in half to form a taco, and serve. One serving consists of 2 pancake tacos.

## NUTRITION INFORMATION PER SERVING

403 calories, 14 g total fat, 4 g saturated fat, 0 g trans fat, 56 mg cholesterol, 491 mg sodium, 57 g total carbohydrates, 4 g dietary fiber, 27 g total sugars, 15 g added sugars, 13 g protein, 1 mcg (6%) vitamin D, 183 mg (15%) calcium, 2 mg (10%) iron, 252 mg (6%) potassium

