

As seen on

# Great Tastes of Manitoba

Saturdays at 6:30pm  
CTV Winnipeg



## FAMILY FAVOURITE PANCAKES

Makes 20 5-inch pancakes

1 cup	flour	250 mL
½ cup	whole wheat flour	125 mL
2 Tbsp	sugar	30 mL
1 Tbsp	baking powder	15 mL
¼ tsp	salt	1 mL
1	egg	1
1	ripe banana, mashed	1
2 Tbsp	canola oil	30 mL
2 cups	skim milk	500 mL

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 ¼ 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.

## JENN'S CHEWY GRANOLA BARS

Makes 24 bars

¾ cup	brown sugar	175 mL
¾ cup	honey	175 mL
⅔ cup	smooth peanut butter	150 mL
⅓ cup	canola oil	75 mL
2 tsp	vanilla	10 mL
1 tsp	cinnamon	5 mL
½ tsp	nutmeg	2 mL
½ cup	coconut flakes	125 mL
½ cup	raisins	125 mL
½ cup	chocolate chips	125 mL
½ cup	sliced almonds skin on	125 mL
½ cup	sunflower seeds	125 mL
½ cup	wheat bran	125 mL
2 Tbsp	sesame seeds	30 mL
3 cups	large flaked oats	750 mL

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.



# WARM APPLE PANCAKES

Makes 4-6 servings

2 Tbsp	canola oil	30 mL
4	apples, peeled, cored and thinly sliced	4
¼ cup	brown sugar	60 mL
1 tsp	cinnamon	5 mL
½ tsp	nutmeg	2 mL
3	eggs, beaten	3
1 cup	skim milk	250 mL
½ cup	flour	125 mL
½ cup	whole wheat flour	125 mL
2 tsp	sugar	10 mL
½ tsp	salt	2 mL
1 cup	sliced strawberries	250 mL

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.



# PEAR QUINOA SALAD WITH WARM TOASTED WALNUT DRESSING

Makes 4-6 servings

1 pkg	mixed salad greens	454 g
1 cup	quinoa, cooked	250 mL
1 cup	sliced pears, cored	250 mL
⅓ cup	dried cherries	75 mL
½ cup	Feta cheese	125 mL
1 cup	croutons	250 mL
1 tsp	Dijon mustard	5 mL
2 Tbsp	honey	30 mL
2 Tbsp	white balsamic vinegar	30 mL
½ cup	walnut pieces	125 mL
¼ cup	canola oil	60 mL

In large bowl, add salad greens, quinoa, pears, dried cherries, cheese and croutons. Toss well. In small bowl, mix Dijon mustard, honey and vinegar. Mix well to combine. In medium sauce pan over medium-low heat, add walnuts. Cook for 1-2 minutes being careful not to allow them to burn. Turn down to low heat. Add canola oil and cook for additional 4-5 minutes. Be careful not to burn the nuts. Remove from heat. Cool for 1 minute and slowly add to vinegar mixture. Blend well. Drizzle warm dressing over salad and serve immediately.



[www.foodmanitoba.ca](http://www.foodmanitoba.ca)



(204) 982-2122 | [www.canolarecipes.ca](http://www.canolarecipes.ca)

**Facebook:** Manitoba Canola Growers

**Twitter:** [twitter.com/CanolaGrowers](https://twitter.com/CanolaGrowers)

**Youtube:** [CanolaOilGrowers](https://www.youtube.com/CanolaOilGrowers)

**Blog:** [canolarecipes.com](http://canolarecipes.com)