

# Peanut Butter and Jelly Pancakes

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-jelly-donuts-recipe>

## Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 baking powder level tablespoons
- 1 teaspoon kosher salt
- 2 tablespoons sugar
- 2 eggs
- 1 cup milk plus extra for thinning batter
- 1 cup creamy peanut butter melted briefly in the microwave
- 3 tablespoons vegetable oil
- butter for coating pan
- jelly for serving

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 85 milligrams
4. Fat: 36 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 9 grams
8. Sodium: 680 milligrams
9. Sugar: 12 grams

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