



Whole Wheat Blueberry Pancakes

Oh, pancakes: the quintessential weekend breakfast. These ones are quick to prepare and are high in B-vitamins and fibre. Try adding flaxseed for an omega-3 boost, cinnamon for flavour, or substituting an alternate type of fruit. Note: keep an eye on your batter consistency – depending on the substitution, you may need to adjust the quantity of milk used.

Prep: 5 minutes • Total: 13 minutes or less

Ingredients:

Whole wheat flour	1 ¼ cups	315 mL
Baking powder	2 tsp	10 mL
Eggs	1 large	1 large
Milk (skim or 1%)	1 cup	250 mL
Salt	½ tsp	2.5 mL
Sugar	1 Tbsp	15 mL
Blueberries	½ cup	125 mL

Directions:

1. Spray large, heavy-bottomed skillet with cooking spray and preheat over medium heat.
2. In a small bowl, sift together flour and baking powder. Set aside.
3. In a large bowl, beat together milk, egg, salt and sugar. Stir in flour mixture until just moistened. Add blueberries, and stir to incorporate them.
4. Pour batter into skillet, about ¼ cup batter per pancake.
5. Cook until bubbling, about 1 ½ minutes. Turn, and cook until golden brown.
6. Makes about 10 pancakes.

Nutrition Facts

Serving Size (107g)

Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 420mg **18%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 7g

Vitamin A 2% • Vitamin C 4%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Allrecipes.com

Makes 5 servings (107 g/ serving) • 1 serving = 2 pancakes

Prepared By: Jennifer Broxterman, Registered Dietitian & Lisa Doerr, BScH Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca