



## Recipe of the Month - September 2018

### Blueberry Pancakes

Serves 6

Serving Size: 2 pancakes

Cost per Serving: \$0.41

### Ingredients:

- 1 cup whole wheat flour
- 1 Tablespoon sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 egg
- 1 cup nonfat milk
- 1 cup fresh blueberries



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### Directions:

1. Mix flour, sugar, baking powder, and baking soda together with a fork in a medium bowl.
2. Beat egg and milk together in a small bowl.
3. Add the wet ingredients to the dry ingredients. Stir until just combined.
4. Gently fold in blueberries.
5. Heat a skillet over medium low heat. Spray with nonstick cooking spray.
6. Pour pancake batter into the skillet using a 1/4 cup measuring cup. Cook until the pancakes have bubbles on the top and the edges are slightly dry, about 4 minutes. Flip pancakes and cook for about 3 minutes more.

### Tips:

- Use frozen blueberries when fresh ones are out of season. Thaw the frozen blueberries and drain off the juice. Stir in 2 teaspoons of whole wheat flour.
- Top pancakes with warm fruit instead of pancake syrup.

**NUTRITION FACTS PER SERVING:** 120 calories, 1.5g total fat (0g sat. fat), 30mg cholesterol, 160mg sodium, 22g carbohydrates, 3g fiber, 7g sugar, 5g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*