

Misc.

Blueberry Whole Wheat Pancakes

Palm Beach Post

2 cups wheat flour
1/4 cup natural sugar
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 cups low-fat buttermilk
2 large eggs
1/2 cup low-fat margarine, melted
2 pkg (6 oz) blueberries

Whisk wheat flour, sugar, baking soda and salt in bowl until blended and set aside.

In a separate bowl, whisk together buttermilk with eggs. Using a wooden spoon, stir wet ingredients into dry ingredients until just combined. Add melted butter, then blueberries, and stir gently.

Heat a non-stick griddle or pan over medium heat. Let a few drops of cold water fall on the surface. If it bounces, sputters or instantly evaporates, your pan is ready. Pour 1/4 cup of the batter onto the skillet. Cook for two minutes, or until bubbles that appear on the surface are beginning to break and bottom is golden. Turn pancakes over, cook one minute or until lightly golden. Place pancakes on heat-proof platter and keep warm in a 200 degree oven.

Yield: 12 pancakes

Per Serving (excluding unknown items): 1130 Calories; 16g Fat (11.6% calories from fat); 47g Protein; 219g Carbohydrate; 37g Dietary Fiber; 424mg Cholesterol; 3083mg Sodium. Exchanges: 11 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.