

# Recipe

## *Banana blueberry pancakes*

**TOTAL TIME:** Prep: 15 minutes,

Cook: 5 minutes per batch

**YIELD:** 14 pancakes

### Ingredients

- 1 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 large egg, room temperature, lightly beaten
- 1-1/4 cups fat-free milk
- 3 medium ripe bananas, mashed
- 1 teaspoon vanilla extract
- 1-1/2 cups fresh or frozen blueberries
- Optional: Maple syrup and sliced bananas



### Directions

1. In a large bowl, combine the flours, sugar, baking powder and salt. In a second bowl, combine the egg, milk, bananas and vanilla; stir into dry ingredients just until moistened.
2. Pour batter by 1/4 cupfuls onto a hot griddle coated with cooking spray; sprinkle with blueberries. Turn when bubbles form on top; cook until second side is golden brown. If desired, serve with syrup and sliced bananas.

**FREEZE OPTION:** Freeze cooled pancakes between layers of waxed paper in a resealable freezer container. To use, place pancakes on an ungreased baking sheet, cover with foil, and reheat in a preheated 375° oven 6-10 minutes. Or, place a stack of three pancakes on a microwave-safe plate and microwave on high until heated through, 1-1/4 to 1-1/2 minutes.

**NUTRITION:** 2 pancakes: 195 calories, 2g fat (0 saturated fat), 31mg cholesterol, 317mg sodium, 41g carbohydrate (19g sugars, 4g fiber), 6g protein. Diabetic exchanges: 1-1/2 starch, 1 fruit