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The Ingredient to a Healthy Life

Blueberry Pancakes



Blueberry Pancakes

Prep Time: 5 min.

Cook Time: 10 min.

Yields: 4-6 servings

INGREDIENTS

1 cup	Whole-wheat flour
1 tsp	Baking soda
1/8 tsp	Salt
1 tbsp	Cinnamon
1 cup	Nonfat buttermilk
1/4 cup	Unsweetened applesauce
2 tbsp	100% pure maple syrup or
2 tsp	Olive oil
1 tsp	Vanilla
1	Large egg lightly beaten
3/4 cup	Blueberries
	Cooking spray (To coat skillet before cooking)
	Honey (Optional)

DIRECTIONS

1. In a medium bowl, combine WHOLE-wheat flour, baking soda, cinnamon and salt. Create a hole in the center of the mixture. Set aside.
2. In a separate bowl, combine buttermilk, applesauce, maple syrup, olive oil, vanilla, and honey if using.
3. Slowly stir liquid mixture into the hole of dry ingredients and mix until dry ingredients are moist. Add blueberries, gently mixing.
4. Heat a nonstick griddle or skillet and coat with cooking spray over medium heat. For each pancake, pour 1/4 cup batter onto hot griddle, spreading to a 5-inch circle.
5. Cook pancakes until the tops are covered with bubbles and the edges look dry and light brown. Turn pancakes and cook on other side
6. Top with unsweetened applesauce or blueberries, and ENJOY!

Chef's Corner

Try mashing the blueberries with a fork and combine with orange juice and lemon juice.



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FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.