

# True Blue-riffic Pancakes

Blueberries add color and flavor!



Level: Medium

Makes: 12 to 14, 3-inch pancakes

## Kids' Tool Kit

2 mixing bowls  
Measuring cups  
Measuring spoons  
Rubber spatula  
Griddle or electric skillet  
Spatula  
Spoon



## Ingredients:

1/2 cup all-purpose flour  
1/2 cup whole-wheat flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 tablespoon vegetable oil  
1 egg  
1 cup plain yogurt  
1/2 cup soy milk or low fat milk  
3/4 cup blueberries

## Chef's Choice

True Blue-riffic  
Pancakes  
Sausage link  
Orange juice  
Low fat milk



## Directions:

**Remember to wash your hands!**

1. In a large mixing bowl, combine flours, baking powder and baking soda.
2. In another mixing bowl, mix together oil, egg, yogurt and milk. Add yogurt mixture to flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick.
3. Fold in blueberries.
4. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto hot griddle to make 4 pancakes.
5. When bubbles appear, flip pancakes and cook until done.

## Nutrition Facts

Serving Size 2 pancakes (109g)  
Servings Per Container 6

Amount Per Serving

Calories 150    Calories from Fat 30

% Daily Value\*

Total Fat 3.5g    5%

Saturated Fat 1g    4%

Cholesterol 40mg    13%

Sodium 260mg    11%

Total Carbohydrate 23g    8%

Dietary Fiber 2g    9%

Sugars 5g

Protein 7g

Vitamin A 4%    •    Vitamin C 4%

Calcium 10%    •    Iron 6%

\*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



**Helpful Hints:** You can be sure your griddle or skillet is hot enough for pancakes by sprinkling a few drops (3 or 4) of water on the surface. If they dance and sizzle, you are ready to cook!

If blueberries are in season, use fresh berries in the pancakes. In wintertime, keep a package of frozen blueberries in your freezer to add great color, flavor and nutrition to your meal.

Did you know pancakes aren't just for breakfast? Try serving this typical breakfast food for supper and add see what the kids think.



**Safety Tips:** Remember to wash your hands after adding the raw egg to the batter.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Oh, the Things You Can Do That Are Good For You!* by Tish Rabe.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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