

## True Blue-riffic Pancakes

*Blueberries add color and flavor!*

Makes 12-14 pancakes

### Ingredients:

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

### Directions:

**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 the yogurt mixture to the 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. **5.** When bubbles appear, flip pancakes and cook until done.

*Nutrition Facts: One serving provides 150 calories, 3.5g total fat, 40mg cholesterol, 260mg sodium, 23g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



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### Chef's Choice

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

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