



Flaxseed Blueberry Pancakes

Shine 365
Marshfield Clinic

PREP TIME: 20 minutes • BAKE TIME: 4-6 minutes/pancake • SERVINGS: 4-6

INGREDIENTS

- 3/4 cup buckwheat flour*
- 3/4 cup whole-wheat flour*
- 2 tablespoons ground flaxseed*
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup skim or low-fat buttermilk
- 3/4 cup skim milk
- 2 large eggs
- 1 tablespoon canola oil
- 1 tablespoon honey
- 2 cups blueberries, rinsed and set aside
- Vegetable cooking spray
- Pure maple syrup as desired

*When ground, these grains tend to go rancid quickly at room temperature.

INSTRUCTIONS

In large bowl combine flours, flaxseed, baking powder, baking soda and salt. In separate bowl mix together buttermilk, skim milk, eggs, oil and honey.

Pour egg mixture into dry ingredients and stir just until batter is lightly mixed together. If the batter appears too thick, add a dollop more of skim milk to thin. Lumps are okay and over-mixing makes for hard pancakes. Fold in blueberries.

Preheat large skillet over medium heat. Spray skillet with cooking spray. Use about 1/4 cup of batter for each pancake. Cook for about 2-3 minutes per side on medium or medium-high heat. Pancakes are ready to flip when bubbles start to appear. Turn over only once and when golden brown. You will have enough for 4-6 generous servings; leftovers can be frozen for a mid-week treat.

NUTRITION INFORMATION

Each serving contains about 220 calories; 6 g total fat (1 g saturated fat); 33 g carbohydrate; 9 g protein; 6 g dietary fiber; 600 mg sodium.