



## Chef Carol D's Blueberry Pancakes

Makes about 16 pancakes

### Ingredients:

- 1  $\frac{3}{4}$  cups whole wheat flour
- $\frac{1}{2}$  tablespoon sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoons baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 egg
- 1  $\frac{1}{2}$  cups low-fat buttermilk (\*see note below)
- 1 tablespoon melted butter
- 1 cup fresh or frozen blueberries

### Directions:

In a bowl combine dry ingredients, flour, sugar, baking powder, baking soda and salt. In another bowl whisk wet ingredients, egg, buttermilk and butter. Whisk wet ingredients into dry ingredients then stir in blueberries until just combined.

Heat up griddle and drop  $\frac{1}{4}$  cup or smaller amount of batter if desired. Let cook about 1 minute or until bubbles appear and pop, then flip pancake and cook until brown.

\*note: You can make your own buttermilk by adding  $1\frac{1}{2}$  tablespoons of lemon juice to  $1\frac{1}{2}$  cups of low-fat room temperature milk.

