

BLUEBERRY OATMEAL YOGURT PANCAKES

INGREDIENTS

- 1 2/3 C Whole Wheat Pastry Flour **OR** your choice of gluten-free flour
- 2/3 C Old-fashioned rolled oats
- 2 T Sugar substitute
- 1 1/4 t Baking powder
- 1/4 t Baking soda
- 1/4 t Salt
- 1 C Greek Yogurt (plain)
- 1 C Coconut milk **OR** Almond milk **OR** Rice milk
- Non-Stick Cooking Spray
- 4 T Smart Balance **OR** Earth Balance butter (unsalted)
- 1/2 C Egg Substitute **OR** 2 eggs
- 1 C Blueberries (fresh)
- Maple Syrup (low calorie)



DIRECTIONS

- 1 Pre-heat oven to 200 F & a non-stick griddle to 350 F **OR** a saute pan to medium heat
- 2 In a large bowl, combine flour, oats, sugar, baking powder, baking soda & salt
- 3 In medium size bowl, whisk together yogurt, milk, butter & egg substitute
- 4 Pour mix over dry ingredients & stir using a rubber spatula just until moist
- 5 Add blueberries & gently toss to combine
- 6 Lightly coat a griddle or nonstick skillet with nonstick spray
- 7 Pour 1/3 cup batter for each pancake & cook until bubbles appear on top & underside is nicely browned (2 minutes)
- 8 Flip & cook pancakes on the other side (1 - 2 minutes)
- 9 Place the finished pancakes on a baking sheet & keep them warm in the oven
- 10 Serve with maple syrup (

