

# BLUEBERRY PANCAKES

Number of Portions: 20

Portion size: 1 pancake (1/3 cup of pancake mix)

## INGREDIENTS

1 ½ cup whole wheat flour

½ cup all-purpose flour

2 Tbsp sugar

1 Tbsp baking powder

½ tsp salt

2 eggs, beaten

2 cups milk

3 Tbsp vegetable oil

2 cups fresh or frozen blueberries



## METHOD

1. In a large bowl, mix the flour, sugar, baking powder and salt.
2. In a second bowl beat the eggs. Add the milk and oil. Mix.
3. Pour the liquid ingredients over the dry ingredients. Mix.
4. Add the blueberries to the pancake preparation.
5. Lightly grease and heat a frying pan over medium heat.
6. Cook pancakes on both sides, until lightly brown.

## TIPS

- Blueberries can be replaced by other fresh or frozen berries such as raspberries or strawberries.