

Flaxseed and Blueberry Pancakes

From the American Institute for Cancer Research
<http://www.aicr.org/foods-that-fight-cancer/blueberries.html#recipes>

Ingredients

- 3/4 cup buckwheat flour
- 3/4 cup whole-wheat flour
- 2 Tbsp. ground flaxseed
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup skim or low fat buttermilk
- 3/4 cup skim milk
- 2 large eggs
- 1 Tbsp. canola oil
- 1 Tbsp. honey
- 2 cups blueberries (rinsed and set aside)
- Vegetable cooking spray
- Pure maple syrup as desired

Instructions

1. In large bowl combine flours, flaxseed, baking powder, baking soda and salt. In separate bowl mix together buttermilk, skim milk, eggs, oil and honey.
2. 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.
3. 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 to 3 minutes per side on medium or medium-high heat. The 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, and any leftovers can be frozen for a mid-week treat.

Makes 4-6 servings

Nutrition information per serving

Calories: 220	Dietary Fiber: 6 g
Total Fat: 6 g	Sodium: 600 mg
Saturated Fat: 1 g	Protein: 9g
Cholesterol:	Carbohydrates: 33 g

