

Double Berry Whole Grain Pancakes

From the Whole Grains Council

<http://www.wholegrainscouncil.org/recipes/main-dishes/double-berry-whole-grain-pancakes>

Ingredients

For Pancakes:

- ¾ cup whole wheat flour
- ½ cup oats (quick or old fashioned, uncooked)
- ¼ cup toasted wheat germ
- 2 Tbs. granulated sugar
- 1 Tbs. baking powder
- ¼ tsp. salt
- 1 1/3 cup fat-free milk
- 1 egg, beaten
- 2 Tbs. vegetable oil
- ½ cup dried cranberries
- 1 ½ cups fresh or frozen blueberries, thawed and drained

For Berry Topping:

- 1 jar blueberry or blackberry fruit spread
- 1 Tbs. lemon juice

Instructions

1. In large bowl, combine flour, oats, wheat germ, sugar, baking powder, and salt. Mix well.
2. In medium bowl, combine milk, egg, and vegetable oil. Blend well. Add to dry ingredients all at once; mix until dry ingredients are moistened. Gently stir in cranberries.
3. Heat griddle over medium-high heat (or about 375 degrees F). Lightly spray with nonstick cooking spray. For each pancake, pour ¼ cup batter onto hot griddle. Top quickly with 8-10 blueberries. Turn pancakes when bubbled with cooked edges.
4. For the berry topping, heat fruit spread and lemon juice in the microwave on High for 3 minutes, stirring occasionally, until melted and smooth. Pour over pancakes.

Make 16 pancakes/ 8 servings (serving size: 2 pancakes)

Nutrition information per serving:

Calories	245
Carbohydrates	48 g
Dietary Fiber	4 g
Sugars	28 g
Protein	5 g
Total Fat	4 g
Saturated Fat	0.5 g
Cholesterol	0 mg

