

Make-ahead whole-wheat blueberry pancakes

Makes 12 servings

Introduction

These pancakes are made with whole-wheat flour and flax – for a good source of fibre and some heart-healthy omega-3. Freeze them for a quick breakfast (just pop them in the toaster) or for a great grab-and-go snack. You can also enjoy them right off the griddle.

Ingredients

- 2 cups (500 mL) buttermilk
- 1 tbsp (15 mL) canola oil
- 2 tsp (10 mL) vanilla extract
- ¼ cup (50 mL) maple syrup
- 2 eggs
- 1 cup (250 mL) whole-wheat flour
- ½ cup (125 mL) ground flax seed
- ½ cup (125 mL) oat bran
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) baking powder
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) frozen wild blueberries

Directions

1. In a large bowl mix together buttermilk, oil, vanilla, maple syrup, and eggs.
2. In a second bowl combine flour, flax, oat bran, baking soda, baking powder and salt.
3. Add dry ingredients to the wet ingredients and whisk together until you get a smooth batter. Gently stir in blueberries.
4. Preheat non-stick fry pan or griddle to medium heat. Use a ¼ cup measure to spoon the batter into the pan. When finished cooking, place on wax paper to cool. There should be 12 pancakes.
5. When fully cooled, stack pancakes with wax paper in between and place in a resealable freezer bag. Place in freezer.
6. To serve: Remove one pancake from the freezer and place in toaster on the darkest setting. When finished, cut in half, spread with apple butter and serve like a sandwich. Perfect for running out the door!

Top the pancakes off with apple butter.

Nutritional information per serving (1 pancake)

- Calories: 132
- Protein: 6 g
- Fat: 5 g
 - Saturated fat: 1 g
 - Dietary cholesterol: 32 mg
- Carbohydrate: 19 g
 - Dietary fibre: 3 g
- Sodium: 232 mg
- Potassium: 190 mg

©The Heart and Stroke Foundation.
www.heartandstroke.com



www.fitnutconsulting.com