

## True Blue-riffic Pancakes

Makes 12 to 14, 3-inch pancakes

1/2 cup all-purpose flour  
1/2 cup whole-wheat flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 tablespoon vegetable oil  
1 egg  
1 cup plain yogurt  
1/2 cup soy milk or low fat milk  
3/4 cup blueberries



1. In a large mixing bowl, combine flours, baking powder and baking soda.
2. In another mixing bowl, mix together oil, egg, yogurt and milk. Add the yogurt mixture to the flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick.
3. Fold in blueberries.
4. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto hot griddle.
5. When bubbles appear, flip pancakes and cook until done.

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<b>Nutrition Facts</b>	
Serving Size 2 pancakes (109g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	5%
Saturated Fat 1g	4%
<b>Cholesterol</b> 40mg	0%
<b>Sodium</b> 260mg	13%
<b>Total Carbohydrate</b> 23g	11%
Dietary Fiber 2g	8%
Sugars 5g	9%
<b>Protein</b> 7g	
Vitamin A 4%	• Vitamin C 4%
Calcium 10%	• Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

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