

Oatmeal Blueberry Pancakes

Makes 8 - 4 inch pancakes



Ingredients:

- 1 cup flour
- 1/2 cup quick oats
- 1 Tbsp baking powder
- 1/4 tsp salt
- 1 cup milk
- 1 egg
- 2 Tbsp vegetable oil
- 1 cup fresh blueberries

Blueberry Tips:

- Select berries with deep color and firm texture.*
- Use berries quickly - can refrigerate for one or two days.*
- Rinse berries just before using; do not soak.*
- Discard any discolored or damaged berries.*

Directions:

1. Combine dry ingredients in a large mixing bowl and stir well.
2. Crack egg into a medium bowl and beat with a fork. Add milk and oil and mix well.
3. Add wet ingredients to the dry ingredients and stir but do not overmix!
4. Gently stir in pre-washed blueberries.
5. Using 1/4 cup, pour batter onto hot griddle or skillet. Adjust heat as needed to avoid burning.
6. Flip pancakes when bubbles appear on top, about 3-4 minutes. Cook other side another 2-3 minutes.
7. Serve warm.

Suggestions:

Swap out the 1 cup of flour for 1/2 cup whole wheat flour + 1/2 cup white flour



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