



Blueberry Oatmeal Pancakes

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 2 pancakes

Ingredients

1 cup uncooked old fashioned (rolled) oats
1 cup lowfat buttermilk (can substitute 1 cup milk plus 1 tablespoon lemon juice or vinegar)
¼ cup whole-wheat flour
1½ tablespoons sugar
½ teaspoon baking powder
½ teaspoon baking soda
1 egg, beaten
2 tablespoons unsalted butter, melted and cooled
½ cup fresh or frozen blueberries
Nonstick cooking spray

Directions

1. Combine the oats and buttermilk in a medium mixing bowl and let sit, covered, in the refrigerator for at least 30 minutes. If you don't have time to let it sit, microwave the oat-buttermilk mixture until the oats have absorbed the liquid and the mixture is batter-like, about 1-2 minutes).
2. In a separate medium mixing bowl, whisk together the flour, sugar, baking powder, and baking soda.
3. Add the flour mixture, egg, melted butter, and blueberries to the oat-buttermilk mixture. Stir to combine.
4. Spray a nonstick skillet with nonstick spray and set over medium heat.
5. Working ¼ cup at a time and around the perimeter of the skillet, portion the batter into the pan, leaving at least ½ inch between each portion of batter.
6. Cook on the first side until bubbles form and pop on the top surface and the edges are dry, about 3-4 minutes.
7. Flip all of the pancakes over and cook on the other side until golden-brown, about 1-2 minutes.
8. Repeat steps 5-7 with any remaining batter.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 225 | Total Fat: 9 g | Saturated Fat: 4.5 g
Sodium: 280 mg | Total Carbohydrate: 30 g | Dietary Fiber: 3 g | Protein: 7 g

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