Fruity Buttermilk Pancakes

This breakfast-favorite takes a turn for the better with some healthy recipe substitutions. Try them with our Better Berry Syrup.

Serves 12

Ingredients

- 2 ½ cups whole wheat pastry flour
- ½ cup ground flaxseed
- 3 teaspoons baking powder
- 1 ½ teaspoons baking soda
- 3 tablespoons sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 3 cups low fat buttermilk
- ½ cup skim or 1% milk
- 3 eggs
- 1/3 cup melted butter
- ¾ cup applesauce
- 2 cups of blueberries (or any other fruit)

Directions

1. Combine flour, flaxseed, baking powder, baking soda, sugar, cinnamon, and salt in a bowl.
2. In a separate bowl, whisk together buttermilk, milk, eggs, melted butter, applesauce.
3. Slowly add dry ingredients into wet ingredients, stirring constantly.
4. Fold in blueberries
5. Pour ¼ cup batter for each pancake. After 1-2 minutes, flip and cook the other side for about 1 minute.
6. Top with syrup, peanut butter, applesauce, yogurt, fruit or any other topping!

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>9g</td>
<td>14%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4g</td>
<td>20%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>60mg</td>
<td>20%</td>
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<tr>
<td>Sodium</td>
<td>470mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>6g</td>
<td>24%</td>
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<tr>
<td>Sugars</td>
<td>8g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 6%       • Vitamin C 20%
Calcium 20%        • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:   2,000  2,500

Please note: nutritional values are approximate.