# **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



### **Nutrition Facts**

Serving Size 3 small pancakes Servings Per Recipe 12			
Amount Per Serving			
Calories 230	) Cal	ories fron	n Fat 80
		% Da	ily Value*
Total Fat 9g			14%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 470mg			20%
Total Carbohydrate 31g 1			10%
Dietary Fiber 6g			24%
Sugars 8g			
Protein 8g			
Vitamin A 6%	ó •	Vitamin (	20%
Calcium 20%	0 •	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			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ite	65g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Please note: nutritional values are approximate.

## 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 teaspoons 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.
- Top with syrup, peanut butter, applesauce, yogurt, fruit or any other topping!

