

# Blueberry Wheat and Oat Pancakes

When setting goals for healthier eating, choose small changes that will work for you like making time for breakfast. Together with a glass of milk and a piece of fruit, these pancakes make a delicious weekend breakfast that the whole family will enjoy.



## Ingredients:

1 cup	All-purpose flour	250 mL
½ cup	Wheat germ	125 mL
½ cup	Quick cooking oatmeal	125 mL
1 Tbsp	Granulated sugar	15 mL
1 Tbsp	Baking powder	15 mL
¼ tsp	Salt	1 mL
1 medium	Egg	1 medium
2 Tbsp	Canola oil	30 mL
2 cups	1% milk	500 mL
¾ cup	Blueberries (fresh or frozen)	175 mL

## Directions:

1. In a medium bowl, combine flour, wheat germ, oatmeal, sugar, baking powder and salt; set aside.
2. In a small bowl, beat egg and then mix in oil and milk.
3. Add egg mixture to flour mixture.
4. Stir, but do not over mix. If pancake batter is too thick, add more milk (1–2 Tbsp or 15–30 mL).
5. Stir blueberries into batter.
6. Drop batter by spoonfuls onto lightly greased hot pan. When bubbles appear and edges begin to dry, turn pancakes to brown other side.

**Makes 12 pancakes (66 g)**

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<b>Nutrition Facts</b>	
Per 1/12 of recipe (66 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 120	
<b>Fat</b> 4 g	<b>6 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 15 mg	
<b>Sodium</b> 160 mg	<b>7 %</b>
<b>Carbohydrate</b> 18 g	<b>6 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 5 g	
<b>Protein</b> 5 g	
Vitamin A	4 %
Vitamin C	2 %
Calcium	15 %
Iron	8 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fiber	2 g
Low in saturated fat	0.5g
Low in potassium	140 mg
Source of calcium	140 mg
Source of magnesium	20 mg
High in folate	36 mg
Source of iron	1.2 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	0
Grain Products	2
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Product) according to the Alberta Nutrition Guidelines.