



BLUEBERRY PANCAKES

January 28

National Blueberry Pancake Day

INGREDIENTS

- 2 Cups Enriched Flour
- 1 Tablespoon Baking Powder
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- ¼ Cup Sugar
- 1 Cup Buttermilk
- ¾ Cup Milk
- 2 Eggs, beaten
- 1 Cup Fresh or Frozen (thawed) Blueberries

DIRECTIONS

1. Start by making the batter. In a large bowl, combine flour, baking powder, baking soda, salt and sugar. Stir to combine.
2. Add buttermilk, milk and eggs and stir just enough to combine.
3. Spray a skillet with cooking spray and heat over medium-low heat. Scoop ¼ cup of batter and 1 tablespoon of blueberries in skillet.
4. Flip pancake when bubbles appear on the surface.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Pancakes

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pancake	½ Pancake	1 Pancake	2 Pancakes