**Whole Wheat Blueberry Pancakes**

**Ingredients**

Whole wheat flour 1 ¼ cups

Baking powder 2 teaspoons

Eggs 1 large

Milk 1 cup

Salt ½ teaspoon

Sugar 1 tablespoon

Blueberries ½ cup

(you can use fresh, or frozen blueberries.

If using frozen berries, place them in the batter

frozen.)

**Directions**

1. Spray large skillet with cooking spray and preheat over medium heat.
2. In a small bowl, sift together flour and baking powder. Set aside.
3. In a large bowl, beat together milk, egg, salt and sugar. Stir in flour mixture until just moistened. Add blueberries and stir to incorporate them.
4. Pour batter into skillet, about ¼ cup batter per pancake.
5. Cook until bubbling, about 1 ½ minutes. Turn and cook until golden brown.
6. Serve and top with blueberries or other fruit of choice.
7. Makes about 10 pancakes.

Makes 5 servings.

1 serving = 2 pancakes

Adapted from: Allrecipes.com