

WHOLEWHEAT BLUEBERRY PANCAKES



LifeShape Clinic

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INGREDIENTS (SERVES 6)

2 cups whole wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 teaspoon ground cinnamon
1 cup plain Greek yogurt
1 1/4 cups milk
1/4 cup pure maple syrup
2 large eggs
1 teaspoon vanilla extract
2 tablespoons vegetable oil
1 3/4 cups blueberries

METHOD

1. In a large bowl, combine flour, baking powder, baking soda, salt, and cinnamon. Set aside.
2. In another large bowl, whisk the yoghurt, milk, syrup, eggs, oil and vanilla until combined.
3. Pour the wet ingredients into the dry ingredients and gently combine. Fold in the blueberries.
4. Heat a non-stick skillet over medium heat. Pour 1/4 cup of batter into pan. Cook until the edges look dry and bubbles begin to form. Flip and cook on the other side until cooked through. Repeat until out of batter.
5. Keep pancakes warm in a preheated oven until all pancakes are cooked. Serve.

Nutrition Guide

PER SERVE

Energy (cal)	347cal
Protein	12.4g
Fat	10.1g
Saturated Fat	1.8g
Carbohydrate	48.3g
Sugar	17.8g
Sodium	462mg
Fibre	6.2g

RECIPE VARIATION

1200

Breakfast Requirement: 270-300 cal
Meets Requirements: No
Recommendations: Reduce flour to 1 3/4 cups and berries to 1 cup in recipe
Total Meal Calories: 290 cal

1500

Breakfast requirement: 320-350 cal
Meets requirements: Yes
Total meal calories: 347 cal

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