



Wholewheat Blueberry Pancakes

Serves 6

Ingredients

- 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 (300ml) milk
- 1/4 cup (60ml) pure maple syrup
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 1 3/4 cups (315g) frozen or fresh blueberries
- Cooking oil spray

Nutritional Guide - Per Serve

Energy: 347cal	Carbohydrate: 48.3g
Protein: 12.4g	Sugars: 17.8g
Fat: 10.1g	Sodium: 462mg
Sat Fat: 1.8g	Fibre: 6.2g

Method

Step 1: In a large bowl, toss the flour, baking powder, baking soda, salt, and cinnamon together until combined. Set aside.

Step 2: In another large bowl, whisk the yoghurt, milk, maple syrup, eggs, and vanilla until combined. Whisk in the oil.

Step 3: Pour the wet ingredients into the dry ingredients and gently whisk to combine. Very gently, fold in the blueberries using a rubber spatula or wooden spoon.

Step 4: Heat a pan over medium heat. Coat with non-stick cooking spray. Once hot, drop about 1/4 cup of batter on the pan. Cook until the edges look dry and bubbles begin to form on the sides. Flip and cook on the other side until cooked through. Coat pan again with cooking spray for each pancake or batch of pancakes.

Step 5: Keep pancakes warm in a preheated oven until all pancakes are cooked. Serve.

Are you on a 1200 Calorie Meal Plan?

Your calorie intake for breakfast should be between 270-300cal

Does this recipe meet your meal requirements? **NO**

Recommendations:

- Reduce flour to 1 3/4 cups and berries to 1 cup in recipe.

Total Calories:
290cal

Are you on a 1500 Calorie Meal Plan?

Your calorie intake for breakfast should be between 320-350cal

Does this recipe meet your meal requirements? **YES**

Total Calories:
347cal