BLUEBERRY BANANA OATMEAL PANCAKES

INGREDIENTS:

½ CUP	OATS, OLD FASHION
1 CUP	WATER
2 TABLESPOONS	BROWN SUGAR, PACKED
½ CUP	WHOLE WHEAT FLOUR
½ CUP	ALL-PURPOSE FLOUR
1 ½ TEASPOONS	BAKING POWDER
¼ TEASPOON	BAKING SODA
¼ TEASPOON	SALT
¼ TEASPOON	CINNAMON, GROUND
½ CUP	SKIM MILK
¼ CUP	GREEK YOGURT, NONFAT PLAIN
1 CUP	BANANA, MASHED
1 EACH	EGG, WHISKED
7 TABLESPOONS	HONEY
1 CUP	BLUEBERRIES

METHOD:

- In a small saucepan, combine oats and water. Simmer for about 2 minutes until water is absorbed. Add brown sugar and stir. Set to the side and let cool.
- In a large mixing bowl combine dry mixture; whole wheat flour, all-purpose flour, baking powder, baking soda, salt, and cinnamon.
- In a separate bowl, add cooked oats, milk, egg, mashed banana, stir well.
- Combine the dry mixture to the oatmeal mixture. (Be careful to not overmix)
- Place a non-stick medium sauté pan over medium heat.
- Lightly spray pan with oil.
- Once pan is warm, scoop ¼ cup of the batter into the pan, add 4-5 blueberries to each cake.
- Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned. (~2 min.)
- Flip the pancake and cook for an additional 2 minutes.
- Repeat with remaining pancake batter.
- Serve 1 pancake with ½ tablespoon of honey.

Servings: 14

Serving Size: 2 ounces (1 pancake with 1/2 tablespoon of honey)

Calories: 110

Fat: 1 gm **Sodium:** 130 mg **Carbohydrates:** 25 gm **Protein:** 3 gm **Fiber:** 0 gm