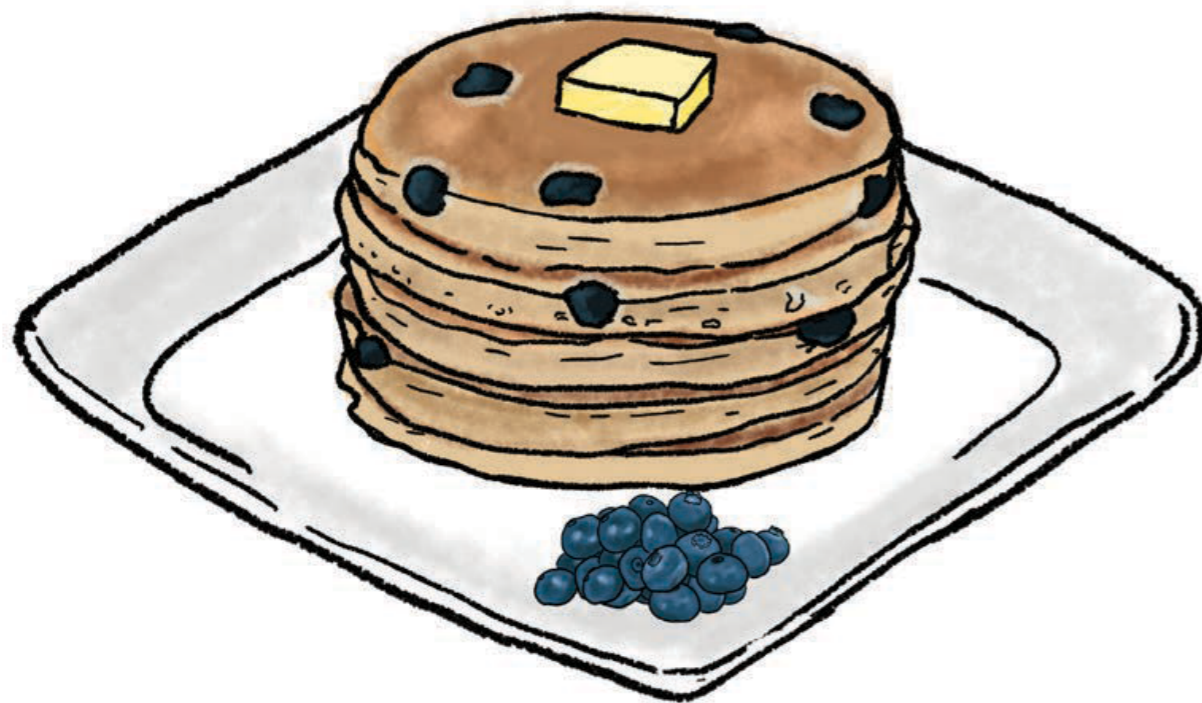


Smart Start Blueberry Pancakes

Start your day in a healthy, happy way!

Enjoy a fluffy stack of whole grain pancakes. Stir oats, yogurt, milk and eggs into a hearty batter filled with brain-boosting blueberries. Griddled and flipped, served reheated or fresh, these homemade pancakes are the best!



What You Need

Ingredients



1 cup whole
wheat flour



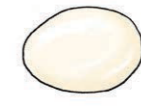
½ cup
rolled oats



¼ tsp
salt



2 tsp
baking powder



1 egg



1 cup
milk



2 Tbsp
brown sugar



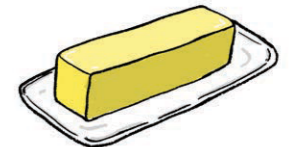
¼ cup
yogurt



1 tsp
vanilla extract



1 cup blueberries,
fresh or frozen



butter

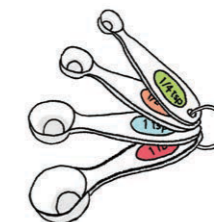
Tools



large bowl



small bowl



measuring
spoons



spatula



dry
measuring cups



whisk



liquid
measuring cup



skillet or griddle

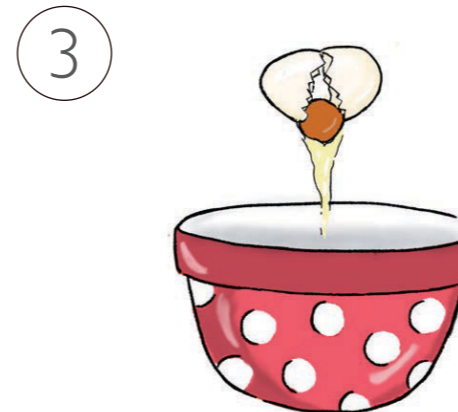
Steps



1 Measure whole wheat flour and oats into a large mixing bowl.



2 Whisk in salt and baking powder. Set aside.



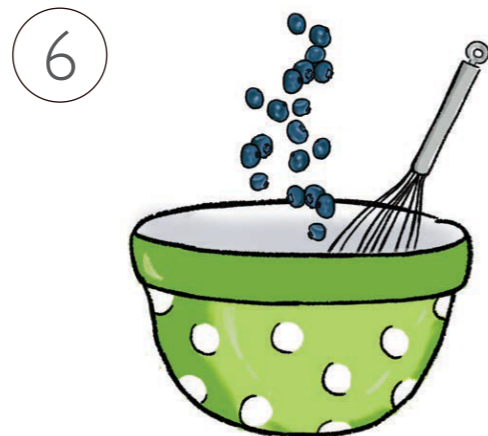
3 In a separate mixing bowl, crack egg.



4 Add milk, brown sugar, yogurt, and vanilla. Whisk until combined.



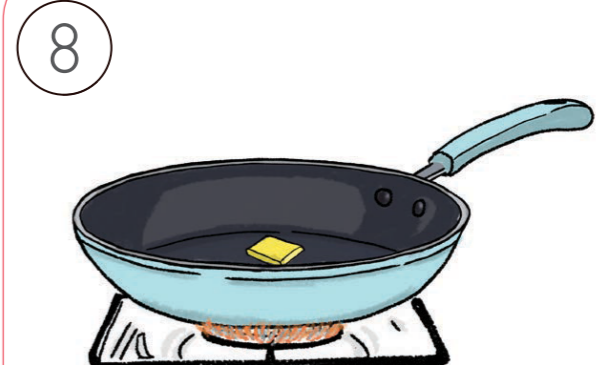
5 Whisk liquid ingredients into dry ingredients until just combined.



6 Gently stir blueberries into batter.



7 Heat skillet or griddle over medium heat.



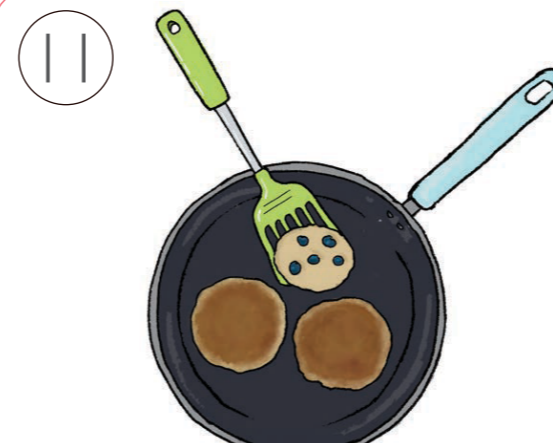
8 Lightly grease the pan with a ½ Tbsp of butter.



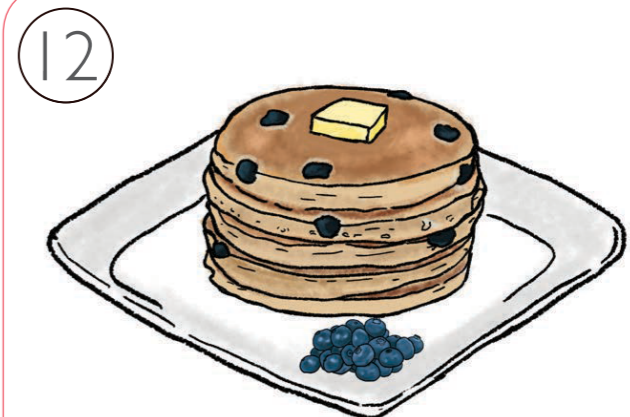
9 Pour ¼ cup batter into the pan. Repeat to make a batch of 2-3 pancakes.



10 Cook until bottoms are golden brown and bubbles form on top, ~3 minutes.



11 Flip and cook until golden brown and cooked through, ~2 minutes. Repeat batch.



12 Serve warm with butter, syrup or blueberry sauce. TASTE & SHARE!