



EXTRA SOFT BLUEBERRY PANCAKES



Be sure to serve these up with additional blueberries and yogurt for a very “berry” nice breakfast.



PREP TIME
15 minutes



COOK TIME
20 minutes



YIELD
48 pancakes

DIRECTIONS

1. In a very large bowl, whisk together flour, baking powder, baking soda, sugar and lemon zest.
2. In another large bowl, whisk together yogurt and milk. Add eggs, one at time, whisking after each addition and vanilla. Pour over flour mixture and stir until combined. Gently stir in blueberries.
3. Heat a griddle to medium high heat and lightly oil or butter. Ladle about ¼ cup (60 mL) of batter onto griddle and cook for about 2 minutes per side until golden brown. Repeat with remaining batter.

This recipe is versatile and works well with other flavour additions of fruit, nuts or chocolate chips if necessary.

INGREDIENTS

- 5 cups (1.25 L) all-purpose flour
- 2 ½ tsp (12 ml) baking powder
- 2 ½ tsp (12 ml) baking soda
- ¾ cup (150 ml) cane or light brown sugar
- 5 tbsp (75 ml) grated lemon zest
- 3 ¾ cups (925 ml) Oikos 11% plain yogurt
- 1 ½ cup (400 ml) milk (approx)
- 5 eggs
- 1 tbsp (15 ml) vanilla extract
- 5 cups (1.25 L) fresh blueberries (see tip if using frozen)



TIP: If using frozen blueberries make sure to add them to the batter once ladled onto the griddle to prevent tinting the batter blue.

Per serving

(1 pancake/about 65 g each)

100	calories
3	g fat
1.5	g saturated fat
0	g trans fat
16	g carbohydrates
1	g fibre
5	g sugars
4	g protein
25	mg cholesterol
100	mg sodium
100	mg potassium
50	mg calcium
0.75	mg iron

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