



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
Approx 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.

You can also do the same with fresh blueberries if you need some plain pancakes.

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

This recipe is versatile and works well with other flavor 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 ¾ 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)

Per serving (1 pancake)

| | |
|---------|---------------|
| 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 |

