

Whole-Grain Buttermilk Pancakes with Fruit



Ingredients

- 3/4 cup bread flour
- 3/4 cup whole-wheat flour
- 3 tablespoons sugar
- 1/2 tablespoon salt
- 2 1/2 tablespoons baking powder
- 1 teaspoon baking soda
- 1 tablespoon maple syrup
- 1 large egg
- 1 cup buttermilk
- 3/4 cup 2 percent milk
- 2 1/2 tablespoons canola oil
- 1 cup berries or chopped fruit

Prep Time: 15-20 minutes

Makes: 6 servings

Nutrition Facts

Calories	254
Protein	8g
Total Carbs.	38g
Fat	8g
Fiber	3g

Directions

In a large bowl, **combine dry ingredients**. In a medium bowl, **combine remaining ingredients** except for oil and berries; mix well. **Add wet ingredients** to dry ingredients; **mix** until smooth.

Lightly **coat** a griddle or large sauté pan with canola oil and heat over medium heat. **Ladle** approximately **3 tablespoons batter** on griddle and **sprinkle** with 1 tablespoon berries. **Cover berries** with 1 additional tablespoon batter and cook until bubbles form. **Flip** and cook other side until **golden brown**.