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

**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**.

**Prep Time:** 15-20 minutes

**Makes:** 6 servings

**Nutrition Facts**

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<thead>
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<tbody>
<tr>
<td>Calories</td>
<td>254</td>
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<tr>
<td>Protein</td>
<td>8g</td>
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<td>Total Carbs.</td>
<td>38g</td>
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