Blueberry Buttermilk Pancakes

By Kelly Frazier, M.A., Furman University, Department of Health Sciences

Blueberry Buttermilk Pancakes

½ cup whole-wheat flour 1 T. canola oil
½ cup all-purpose flour 1 egg
2 T. sugar 1-½ cups blueberries, fresh or frozen
1 tsp. baking powder powdered sugar to dust top, optional
½ tsp. baking soda
1 cup low-fat buttermilk

Directions:
1. In a large bowl, whisk together the flours, sugar, powder, and soda. In a small bowl, whisk together the buttermilk, oil, and egg. Add the buttermilk mixture to the flour mixture; stir until just combined.
2. Spray a pan with non-stick cooking spray and preheat over medium-high heat. Pour batter onto the pan (¼ cup per pancake). Dot the top of each pancake with blueberries. When bubbles form on the top, flip over and cook on the other side until golden. Dust pancakes with powdered sugar, if desired.

Fresh Strawberries

When strawberries are not in season, try other varieties such as peaches, melon, apples, pears, oranges, or grapefruit.

4 cups fresh strawberries

Serve 1 cup of strawberries beside each serving of pancakes.

Nutrition Information (per ¼ recipe): 287 calories, 9 g protein, 6 g fat, 1 g saturated fat, 50 g carbohydrate, 6 g sugar, 7 g fiber, 55 mg cholesterol, 363 mg sodium

1 serving equals: 3 fruit, 2 whole grain, 1 protein/ dairy, 1 fat
Buttermilk Blueberry Pancakes

Shopping List

Produce Department
- 1-½ cup blueberries (fresh or frozen) (see tip #1)
- 4 cups fresh strawberries (1 quart)

Dry Goods Department
- ½ cup whole-wheat flour (see tip #2)
- ½ cup all-purpose flour
- 2 T. sugar
- 1 T. canola oil
- 1 tsp. baking powder
- ½ tsp. baking soda
- powdered sugar to dust top, optional

Meat/ Dairy Department
- 1 cup low-fat buttermilk (see tip #3)
- 1 large egg

Smart Shopper Tip #1:
When fresh blueberries are not in season, use frozen blueberries. Frozen wild Maine blueberries work very well in this recipe. They are small and help the pancakes to cook evenly. If you use frozen berries, do not thaw them before adding them to the batter.

Smart Shopper Tip #2:
Whole wheat flour supplies more fiber and nutrients than all-purpose flour. You can make these pancakes with only whole wheat flour but they won’t be quite as fluffy.

Smart Shopper Tip #3:
Despite the name, buttermilk is actually a low-fat option because it is usually made with cultured skim or low-fat milk. If you don’t have any buttermilk on hand, pour 1 tablespoon of lemon juice or white vinegar into a 1 cup measuring cup. Fill the remainder of the cup with skim or 1% milk and let stand for 5 minutes.

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