



HAPPY HOLIDAYS!

TO:

FROM:

Blueberry-Pecan Pancakes

ACTIVE TIME: 30 minutes | TOTAL: 30 minutes

1. Whisk 2 large eggs, 2 large egg whites, 1½ cups nonfat buttermilk and 2 tablespoons canola oil in a medium bowl. Put Blueberry-Pecan Pancake Mix in a large bowl. Make a well in the center of the mix; add wet ingredients and stir until just combined.
2. Cook pancakes on a griddle or in a large nonstick skillet coated with cooking spray. Use about ¼ cup batter for each pancake.

MAKES 8 SERVINGS, 2 PANCAKES EACH.

PER SERVING: 259 calories; 10 g fat (1 g sat, 6 g mono); 54 mg cholesterol; 35 g carbohydrate; 8 g protein; 3 g fiber; 356 mg sodium; 109 mg potassium.

To make more Blueberry-Pecan Pancake Mix: Whisk 1 cup all-purpose flour, ½ cup each whole-wheat flour, dried blueberries and finely chopped toasted pecans, 3 tablespoons light brown sugar, 2 teaspoons baking powder, 1 teaspoon cinnamon and ½ teaspoon salt in a medium bowl. **Makes 2½ cups dry mix. Store in an airtight container at room temperature for up to 1 month or freeze for up to 3 months.**