

Whole Wheat Banana Blueberry Pancake

Prep Time 5 Minutes

Cook Time 8 Minutes

Serving 5

Ingredients

1 ¼ Cup Whole Wheat or Multi grain Flour

2 teaspoon baking powder

1 Egg

1 cup milk plus more if necessary

½ teaspoon salt

1 table spoon sugar in raw or natural cane sugar

1/2 cup blueberry

1/2 cup ripe banana

DIRECTIONS:

Sift together flour and baking powder, set aside. Beat together the egg, milk, salt and sugar in the raw in a bowl. Stir in flour until just moistened, add blueberries, and smash bananas stir to incorporate.

Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray. Pour approximately 1/4 cup of the batter into the pan for each pancake. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.