



# Lemon-blueberry Pancakes



Makes 6 servings

## Ingredients

- 1 cup unbleached all-purpose flour
- ½ cup whole-wheat flour
- 1 tablespoon baking powder
- 1 large egg
- 1 ½ cups fat-free milk
- ½ cup 1% cottage cheese
- 1 teaspoon vanilla extract
- 2 tablespoons cold pressed canola oil
- ¼ teaspoon lemon zest
- 1 teaspoon freshly squeezed lemon juice
- 2 cups fresh blueberries

## Directions

1. In a large mixing bowl, sift together all-purpose flour, whole-wheat flour and baking powder.
2. In a small mixing bowl, whisk together egg, milk, cottage cheese, vanilla, oil, lemon zest and lemon juice. Add to dry mixture (made in step 1) and stir until just combined.
3. Preheat a large frying pan (on the stovetop) to medium-high heat. Once the pan is heated, scoop ¼ cup batter for each pancake and sprinkle just over 2 tablespoons of blueberries onto each. When the batter begins to form bubbles and edges are slightly cooked (3 to 4 minutes), flip them and cook for another 4 to 5 minutes or until lightly brown.
4. Enjoy warm!



MAIN DISH



## TIP

You can also use an electric griddle set on medium heat to cook these pancakes.

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## Nutrition Facts

Serving Size 2 pancakes (178g)  
Servings Per Container 6

Amount Per Serving

Calories 230    Calories from Fat 50

% Daily Value\*

Total Fat 6g    9%

Saturated Fat 0.5g    3%

Trans Fat 0g

Cholesterol 40mg    13%

Sodium 360mg    15%

Total Carbohydrate 35g    12%

Dietary Fiber 3g    12%

Sugars 9g

Protein 9g

Vitamin A 4%    •    Vitamin C 10%

Calcium 25%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, egg  
Carb choices per serving: 2