



Blueberry Blender Pancakes

Yield: 4 servings

Source: www.damndelicious.net

Ingredients:

- 2 cups old fashioned oats
- 1 ½ cups blueberries, divided
- 1 cup skim milk
- ½ cup plain Greek yogurt
- 2 large eggs
- 1 banana
- Zest of 1 lemon
- 2 teaspoons baking powder
- 1 teaspoon baking soda

Directions:

1. Heat nonstick griddle or pan. Lightly coat griddle or non-stick skillet with non-stick spray.
2. In a blender, combine oats, 1 cup blueberries, milk, yogurt, eggs, banana, lemon zest, baking powder and baking soda. Blend until smooth.
3. Stir in remaining ½ cup blueberries.
4. Working in batches, scoop 1/3 cup batter for each pancake and cook until bubbles appear on the top and underside is nicely browned, about 2 minutes. Flip pancake and continue to cook and additional 1 to 2 minutes.
5. Serve immediately, or cool and freeze for a quick easy breakfast.

Nutrition information:

Serving size: 2 pancakes

Calories: 286

Fat: 5g

Sodium: 560mg

Carbohydrates: 46g

Sugar: 13g

Fiber: 6g

Protein: 14g