



Ingredients

Yield: 5 servings

- 1 1/4 cups whole wheat flour
(can substitute 5/8 cup white flour & 5/8 cup wheat)
- 2 tsp baking powder
- 1 egg
- 1 c unsweetened almond milk
- 1/2 tsp sea salt
- 1 tbsp of natural sugar substitute
- 1/2 tsp cinnamon and 1/2 tsp vanilla extract

Directions

1. Sift together flour and baking powder, set aside. Beat together the egg, milk, salt and sweetener in a bowl. Stir in flour until just moistened, add blueberries, and stir until blended.
2. 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. Flip and continue cooking until golden brown on each side.

Tip: If you use all whole wheat flour, you may need to add 2 tbsp of additional milk

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 pancake	110	2 g	4.6 g	21 g	327 mg

Carbohydrate Exchange: 1 1/2