

## Aunt Betty's Blueberry Pancakes

*Breakfast, Makes 12 Pancakes*

**Ingredients:**

- 1 1/2 cups sifted plain all-purpose flour
- 2 teaspoons baking powder
- 3 tablespoons sugar
- 1 cup buttermilk
- 2 tablespoons no-salt margarine, melted
- 2 eggs, slightly beaten
- 1 cup canned blueberries, rinsed or 1 cup frozen, rinsed



Sift together flour, baking powder and sugar in a mixing bowl. Make a well in the center and add the remaining ingredients. Stir, starting at the center and gradually mix in the dry ingredients to make a smooth batter. Begin cooking immediately.

Heat a heavy 12-inch skillet or griddle and grease it lightly. Using about 1/3 cup measuring cup, spoon out pancakes and cook until done, flipping pancake only once.

**Nutrition Facts:**

Per Serving (2 pancakes)

Calories:	223 kcals
Protein	7 g
Carbohydrates:	35 g
Fiber:	2 g
Total Fat:	6 g
Saturated Fat:	1.5 g
Cholesterol:	64 mg
Phosphorus:	100 mg
Sodium:	196 mg
Calcium:	142 mg
Potassium:	128 mg/3.3 mEq

*(mEq = milliequivalent)*