

Sabrina's Whole Grain, Buttermilk Triple Berry Pancakes

Serves 6

You can substitute any chopped dried fruit but the sweet dried blueberries go so well with the tart raspberries. You can add chopped nuts or even chocolate if you like.

Dried Ingredients

1-1/2 cups whole wheat flour

1/2 cup all purpose unbleached flour

1/2 cup rolled oats

1/4 cup cornmeal

2 teaspoons baking soda

1 teaspoon baking powder

1 tablespoon light brown sugar

2 eggs, lightly beaten

2 cups buttermilk (you may substitute 1 cup of low fat plain yogurt diluted with 1 cup 2 % milk)

2 tablespoons melted Smart Balance or other butter product or use canola oil

1 pint raspberries, well washed

1/2 pint blueberries, well washed

1/2 cup sun dried blueberries

pinch salt

Vegetable oil for spraying skillet

In a medium bowl, combine all the dried ingredients. In a large mixing bowl add the eggs.

Alternatively add the dry ingredients with the buttermilk and stir until just combined. Do not over mix the batter.

Add the melted butter, all the berries and salt. Toss just to combine. Adjust the thickness if you must with additional buttermilk.

Heat a large non stick pan or skillet and spray with oil. Make pancakes any size you want. Additional batter can be stored in a plastic container for up to 3 days.