



No Fuss Berry Pancakes

USDA Mixing Bowl

Ingredients

3 cups berries, fresh: 1 cup each of strawberries, blueberries, blackberries
 1/2 cup strawberry preserves
2 cups buttermilk pancake mix
 1 1/2 cups of water
 vegetable oil cooking spray
 1/2 cup vanilla yogurt, non-fat or low-fat (optional)

Materials

measuring cup, mixing bowl, mixing spoon, spatula, frying pan

Directions

Gently wash berries.

Make berry pancake topping by mixing berries and preserves in saucepan over medium heat for about 5 minutes or until slightly thickened.

Prepare pancake mix and water in a large bowl according to package directions. Cook on preheated griddle or frying pan sprayed with vegetable oil cooking spray. The batter should make 6 to 8 pancakes about 5-6 inches in size.

Top each pancake with 1/2 cup hot berry mixture and roll up.

If desired, top each rolled pancake with one tablespoon vanilla yogurt.

Nutrition Facts

6 servings per container

Serving size **1 pancake with berry mixture and yogurt**

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 490mg **21%**

Total Carbohydrate 13g **5%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 1.2mcg **6%**

Calcium 0mg **0%**

Iron 0.72mg **4%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes

Use any kind of fresh berries, depending on price or what's in season.

View Online

<http://northcountryeatsmartny.org/recipes/no-fuss-berry-pancakes>

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