Berry Pancakes

Ingredients:

- 2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 2 cups milk
- 1 large egg
- 1/3 cup olive oil
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 2 cups choice berries, frozen or fresh
- Cooking spray

Directions

1. Heat oven to 200°F and place large tray or plate in oven. Heat large nonstick frying pan or cast iron skillet over medium heat.
2. Combine dry ingredients in medium bowl and whisk to break up any lumps. Combine milk, egg, oil, honey, and vanilla in a separate large bowl and whisk until egg is completely incorporated. Add dry ingredients to wet ingredients and whisk to combine.
3. Spray hot frying pan with baking spray and ladle the batter into the pan. Approximate a 1/2 cup for larger pancakes or 1/4 cup for silver-dollar size. Drop berries onto each pancake and cook until bubbles form around the outside, about 2 – 3 minutes. Flip and cook other side until browned.
4. Transfer pancakes to tray in oven to keep warm while the rest of the pancakes cook.

Nutrition Facts

Serving Size (152g)
Servings Per Container 8

Amount Per Serving

Calories 260	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 250mg	**10%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 7g	

Vitamin A 6% • Vitamin C 25%
Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: holajalapeno.com