

Blueberry Pancakes

It's a Sunday morning tradition at our house for me to make Blueberry Pancakes while Shirley fries some potatoes and Breakfast links. My favorite pancake mix is **Grandma Nunweiler's Old Fashioned Whole Grain Pancake and Waffle Mix**. With just a few variations, you too can make pancakes that will always be a hit. We make it without milk and eggs and it turns out just great.

- 1 cup of Grandma Nunweiler's pancake mix**
- 1 cup of Soy Milk**
- 1 tsp. Vanilla extract**
- 1 tsp. Olive oil (helps them not to stick)**
- ½ cup of frozen blueberries**
- 1/3 cup of chopped pecans**

Preheat frying pan to 325°... I like to use our electric frying pan... but have done it on the range as well. Place the pancake mix, soy milk, vanilla and olive oil in a bowl and stir until smooth. Then stir in the blueberries and pecans... and you're ready to start frying.

Serve with apples sauce, maple syrup and sliced bananas or whatever other fruit or topping you would like.

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NutritionFacts	
per serving makes 8 servings	
Amount per serving	
Calories	111
Calories from fat	45
% Daily Value *	
Total Fat 5.1g	8%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 216mg	9%
Total Carbohydrate 13.7g	5%
Dietary Fiber 2.4g	10%
Protein 2.9g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
40.4% of calories from Fat	
49.2% from Carbohydrates	
10.4% from Protein	