

Blueberry-Bran Pancakes



breakfast

POINTS® Value: 4

Servings: 4

Preparation Time: 15 min

Cooking Time: 12 min

Level of Difficulty: Moderate

Celebrate morning with these hearty, high-fiber pancakes. For fun, consider placing the blueberries in the shape of your first initial, a flower or other decorative pattern.

Ingredients

- 1 small serving(s) ready-to-eat bran flakes
- 2 large egg white(s)
- 1 1/4 cup(s) buttermilk
- 2 tsp canola oil
- 1 cup(s) all-purpose flour
- 1 tbs sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup(s) blueberries
- 2 tsp powdered sugar

Instructions

Coat a nonstick skillet with cooking spray; heat over medium-high heat.

Crush cereal in a food processor or blender, or place in a zip-close plastic bag and crush with a rolling pin; set aside.

Stir egg whites, buttermilk, oil and cereal together in a medium bowl; allow to stand 5 minutes. Beat in flour, sugar, baking powder and baking soda with a wire whisk until well blended.

To make pancakes, place 3 tablespoons of batter onto skillet, repeat to make 4 pancakes at a time. Gently press 5 to 6 blueberries into each pancake. Cook until puffed, about 2 minutes; flip and cook until golden brown, about 2 minutes more. Repeat to make 12 pancakes. Serve pancakes in a short stack dusted with powdered sugar. Yields 3 pancakes per serving.

© 2009 Weight Watchers International, Inc. © 2009 WeightWatchers.com, Inc. All rights reserved.

WEIGHT WATCHERS and **POINTS** are the registered trademarks of Weight Watchers International, Inc. and are used under license by WeightWatchers.com, Inc.