



EXTRA SOFT BLUEBERRY PANCAKES



Be sure to serve these up with additional blueberries and yogurt for a very “berry” nice breakfast.



PREP TIME
15 minutes



COOK TIME
20 minutes



YIELD
48 pancakes

DIRECTIONS

1. In a very large bowl, whisk together flour, baking powder, baking soda, sugar and lemon zest.
2. In another large bowl, whisk together yogurt and milk. Add eggs, one at a time, whisking after each addition and vanilla. Pour over flour mixture and stir until combined. Gently stir in blueberries.
3. Heat a griddle to medium high heat and lightly oil or butter. Ladle about ¼ cup (60 mL) of batter onto griddle and cook for about 2 minutes per side until golden brown. Repeat with remaining batter.

This recipe is versatile and works well with other flavour additions of fruit, nuts or chocolate chips if necessary.

INGREDIENTS

5 cups (1.25 L) all-purpose flour
2 ½ tsp (12 ml) baking powder
2 ½ tsp (12 ml) baking soda
¾ cup (150 ml) cane or light brown sugar
5 tbsp (75 ml) grated lemon zest
3 ¾ cups (925 ml) Oikos 11% plain yogurt
1 ½ cup (400 ml) milk (approx)
5 eggs
1 tbsp (15 ml) vanilla extract
5 cups (1.25 L) fresh blueberries (see tip if using frozen)

TIP: If using frozen blueberries make sure to add them to the batter once ladled onto the griddle to prevent tinting the batter blue.



Per serving

(1 pancake/about 65 g each)

| | |
|---------|---------------|
| 100 | calories |
| 3 g | fat |
| 1.5 g | saturated fat |
| 0 g | trans fat |
| 16 g | carbohydrates |
| 1 g | fibre |
| 5 g | sugars |
| 4 g | protein |
| 25 mg | cholesterol |
| 100 mg | sodium |
| 100 mg | potassium |
| 50 mg | calcium |
| 0.75 mg | iron |

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