

Oat Bran Pancakes with Blueberries And Bananas

Serves: 3

Ingredients

½ cup flour	1 Tbsp canola oil
½ cup oat bran	1 cup fresh blueberries
1 Tbsp sugar	1 medium banana, thinly sliced
¼ tsp baking soda	
1/8 tsp salt	
¾ cup plus 2 Tbsp nonfat buttermilk	
1 egg	

Directions:

1. In a medium bowl, combine the flour, oat bran, sugar, baking soda and salt.
2. In another bowl whisk together the buttermilk, egg and oil until well combined. Pour this mixture into the dry ingredients. Mix with fork until they are just combined.
3. The batter should have the thickness of yogurt.
4. Spray a griddle or large, nonstick skillet very lightly with cooking spray and place it over medium heat. When it is hot, ladle about ¼ cup of the batter into the pan, spreading it to make a 5-inch pancake. Cook until small holes appear and the bottom of the pancake is brown, about 2 minutes. Carefully flip and cook until the pancake is brown on the second side. Place the finished pancakes on a baking sheet (without overlapping) and set in a warm oven while the rest of the pancakes are cooked.
5. To serve, top with fruit.

Per Serving: 300 calories, 8 g total fat (1 g saturated fat), 56 g carbohydrate, 10 g protein, 5 g dietary fiber, 260 mg sodium.