

**BLUEBERRY PANCAKES**

**Yield** 100

**Portion** 2 Cakes

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
265 cal	43 g	8 g	7 g	53 mg	512 mg	209 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD  
 BLUEBERRIES,FROZEN,UNSWEETENED  
 COOKING SPRAY,NONSTICK

**Weight**

9-7/8 lbs  
 8-3/4 oz  
 13-1/4 oz  
 1-7/8 oz  
 12-1/3 oz  
 2-2/3 lbs  
 13 lbs  
 1 lbs  
 5-1/8 lbs  
 2 oz

**Measure**

2 gal 1 qts  
 1-1/8 cup  
 1 qts 1-1/2 cup  
 3 tbsp  
 1-3/4 cup  
 1 qts 1 cup  
 1 gal 2-1/4 qts  
 2 cup  
 3 qts 3 cup  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute. Use partially thawed frozen blueberries, or drain and rinse canned blueberries in cold water. Drain thoroughly and fold into batter.
- 4 Lightly spray non-stick cooking spray on griddle. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes. Stir between batches to redistribute berries.