

5 A Day Recipes

Breakfast

Fruit Pancakes

Serves 4

Provides 1 fruit serving per person

Pancakes are a kid and family favorite everywhere and I like to add a full serving of fruit to this breakfast treat. Chopped strawberries, fresh or frozen blueberries, or pieces of banana are all good additions to pancakes. A mixture of these is especially good! I suggest adding $\frac{1}{2}$ cup of fruit per person directly into your pancake batter. It will give you 1 fruit serving per pancake as a great start to your day. With these, you'll understand the expression "going like hotcakes!"

- Pancake mix (or your favorite "from scratch" pancake batter) for 4 servings
- 2 cups thawed frozen or fresh blueberries
- chopped thawed frozen or fresh strawberries (make sure to drain frozen fruit), or banana pieces

1. Make the pancake batter according to package directions. Have 2 cups of the fruit, plain or mixed, ready.

2. Coat a skillet or griddle with pan spray and heat. When it's nice and hot, spoon the batter into the hot pan making whatever size cakes you want. Scatter the fruit on top, $\frac{1}{4}$ cup for smaller cakes and $\frac{1}{2}$ cup for larger ones. Turn when brown and cook until done.

3. Lay on a hot plate, top with a little jam and a few more berries, and serve immediately.

Nutritional Analysis per serving:

236 calories
6 g fat
23% calories from fat
2 g saturated fat
8% calories from saturated fat
43 g carbohydrates
251 mg sodium
3 g dietary fiber