



## Blueberry Pancakes

### Ingredients:

1/2 c. fat free milk  
1 large egg  
3 T sugar  
1 tsp pure vanilla extract  
3 T canola oil, divided  
2 T water  
1 c flour  
2 tsp baking powder  
1/2 tsp fine sea salt  
1/2 c fat free cottage cheese  
heaping 1/2 c blueberries  
fat-free sour cream  
light pancake syrup

### Directions:

In a medium bowl, whisk the milk, egg, sugar, vanilla, 2 tablespoons oil, and 2 tablespoons water.

In a small bowl, combine the flour, baking powder, and salt.

Stir the dry ingredients into the wet.

With a spatula, mix in the cottage cheese and fold in the blueberries.

Heat remaining tablespoon of oil in a nonstick skillet over medium heat.

When the skillet is hot, drop the batter by 1/4 cup measures. An ice cream scoop works well.

Cook for 3 minutes until golden: flip and cook another 2 minutes.

Serve with fat free sour cream or light pancake syrup.