

Blueberry Pancakes

Ingredients:

- 1 1/4 cups** breast milk or cow's milk
- 3/4 cup** whole-wheat flour
- 1/4 cup** wheat germ
- 2** egg yolks or 1 whole egg, beaten
- 1 tsp** baking soda
- Pinch** of salt
- 1 cup** blueberries

Directions:

1. Preheat a nonstick or lightly oiled griddle or skillet over medium-high heat.
2. Combine all ingredients in a large bowl and mix well.
3. Pour 1/4-cup portions of batter onto the griddle. Flip after 3 to 5 minutes, once they turn golden and begin to bubble. Continue cooking on the second side.
4. These freeze great. Thaw them in a toaster oven or microwave.

