

purple pancakes

Serves: 5

Prep and Cook time: 20 min

Per serving: 141 calories, 3 g fat, 353 mg sodium

1 cup self-rising flour
(or 1-1/2 tsp baking powder, 1/2 tsp salt, and 1 cup all-purpose flour)

1 cup milk
1 egg, beaten

1/2 cup berries,
thawed if frozen

1. In a bowl, lightly whisk together the flour, milk, and egg until all lumps are gone. 2. Gently stir in the berries. Heat a nonstick skillet over medium heat.

3. Using a 1/4 cup measure, pour 3 lots of batter into the pan.

4. Once the pancakes begin to bubble evenly, flip and cook the other side until the bottom is lightly golden. Repeat until all the batter is gone.

Vary It! Serve dolloped with your kids' favorite yogurt and additional berries. If you have ground cinnamon in your pantry, add a pinch to the batter for a lovely flavor.

If you (or your kids) aren't fans of pancakes with fruit in them, simply omit the berries from the recipe and you can just top the pancakes with 'Breakfast Fruit'!

