

# OATMEAL BLUEBERRY PANCAKES

Serves 2

## Ingredients

- 1/2 cup uncooked oatmeal
- 2 eggs or 1/2 cup of fat free egg beaters
- 1/2 cup of fresh or frozen blueberries
- 1 Tablespoon honey (spray T with cooking spray so honey will drip off easily)

## Preparation

Combine all ingredients into a food processor or blender. It only takes 2-3 pulses. Let stand 5-10 minutes. Spray nonstick pan with spray and cook evenly on both sides.

Top with 100% maple syrup, fresh fruit and/or your favorite nut spread like almond butter!



Recipe submitted by: Allison Steven