

RECIPE

Blueberry-filled Dutch Pancake

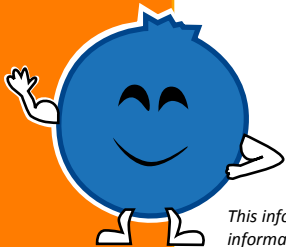
Start to Finish: 45 minutes Servings: 3

Ingredients:

- 2 tablespoons butter
- 3 eggs
- 1/2 cup skim or low fat milk
- 1/3 cup flour
- 3 tablespoons sugar, divided
- 1/4 teaspoon salt, optional
- 1 1/2 cups fresh or frozen blueberries (thawed and drained if frozen)
- 1/4 teaspoon ground cinnamon
- 1/2 cup sliced bananas

Directions:

1. Preheat oven to 450 F. Place butter in a 9-inch pie plate.
2. Melt butter in oven, about 5 minutes. Tilt plate to coat evenly with butter.
3. Meanwhile, in a medium bowl combine eggs, milk, flour, 1 tablespoon of sugar and salt until smooth.
4. Pour batter into plate and bake for 8 minutes. Reduce heat to 375 F. Bake until pancake is golden brown and sides are puffy, about 8 to 10 minutes longer.
5. While that is baking, combine blueberries with the remaining 2 tablespoons sugar and cinnamon in a small bowl.
6. Remove pancake from oven and scatter bananas over pancake. Spoon blueberries over bananas. Cut into wedges and serve immediately.



Nutrition Information Per Serving:

320 Calories; 5 g Total Fat; 3 g Saturated Fat; 10 mg Cholesterol; 5 g Fiber; 190 mg Sodium; 40 g Sugars; 60 g Carbohydrates; 12 g Protein

This information is courtesy of Caremark Health Resources, an independent company that offers health education information on behalf of your health plan.