



Zucchini Blueberry Pancakes



Recipe from *Cooking Matters In Your Food Pantry*

Ingredients



- 2 medium zucchini
 - 3 eggs
 - 1/3 cup nonfat milk
 - 1 cup whole wheat flour
 - 1/2 cup quick oats
 - 1/4 cup sugar
 - 1 Tbsp. ground cinnamon
 - 2 tsp. baking powder
 - 1/4 tsp. salt
 - Non-stick cooking spray
 - 1 cup blueberries, fresh or thawed frozen
- Yield: 4
Serving Size: 2 (4-inch) pancakes



Directions



1. Rinse and grate zucchini. Place zucchini into a colander. Press firmly with paper towel, removing as much liquid as possible.
2. In a medium bowl, add zucchini, eggs, and milk. Whisk together using a fork.
3. Add whole wheat flour, oats, sugar, cinnamon, baking powder, and salt to the bowl. Mix well. Add more milk (1 Tbsp. at a time) if batter looks too thick.
4. Coat large skillet with non-stick cooking spray. Heat over medium heat for 2 minutes.
5. Spoon 1/4 cup of the batter onto the heated pan for each pancake. Sprinkle blueberries on top. Cook until bubbles appear on the top of the batter. Note that this will take longer than for conventional pancakes.
6. Flip and cook until pancake is cooked through and light brown in color.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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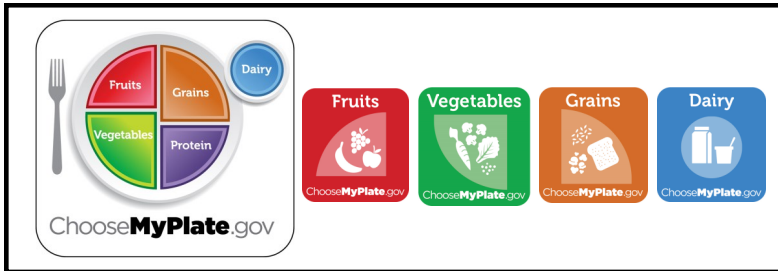
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Fast Facts



Featured Food Groups



Cooking Tips



- Top with warmed fruit, peanut butter, yogurt, or warmed honey if you like.
- Chop and add 3 Tbsp. of your favorite nuts.
- Make a double batch, cool, and then freeze the cooked leftovers. To prevent the pancakes from sticking together, layer waxed paper between each pancake. Place the stack in an airtight container or zip-top plastic bag. Freeze for no more than 6 weeks. Warm pancakes in a microwave or toaster oven for a quick breakfast.
- Add chopped bell pepper or celery for extra nutrition and crunch!

Second Harvest is an equal opportunity provider.

Nutrition Facts



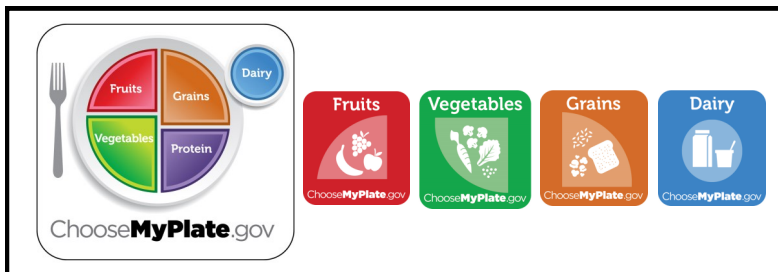
Nutrition Facts	
4 servings per container	
Serving size	2 pancakes (251g)
Amount Per Serving	
Calories	290
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 125mg	42%
Sodium 460mg	20%
Total Carbohydrate 53g	19%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 5g Added Sugars	10%
Protein 12g	24%
Vitamin D 1.4mcg	8%
Calcium 312mg	25%
Iron 3.06mg	15%
Potassium 517mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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