

# Oatmeal-Blueberry Pancakes with Maple Syrup



**1 cup flour**

**1/2 cup oatmeal**

**1/4 cup sugar (optional)**

**1 tablespoon baking powder**

**1/2 teaspoon salt**

**1 cup low fat or skim milk**

**1 egg or 1/4 cup egg substitute**

**2 tablespoons vegetable oil**

**1 cup fresh blueberries**

Mix all ingredients together. Add blueberries and stir gently. Pour batter onto hot griddle and flip after bottom side is brown. Serve hot with maple syrup.

Recipe Source: Get Fresh Too! Funded by USDA Farmer's Market Nutrition Program (Project FRESH)

# Farmers Market Food Safety Tips

- **Select berries with fresh, sweet flavor, deep colors and firm textures and ideal maturity for eating fresh.**
- **Berries are fragile, so use quickly. You can refrigerate berries you purchase at the market for one or two days.**
- **Wash your hands before preparing berries to eat or use.**
- **Wash berries just before using.**
- **Sort berries and rinse in cold water, using small quantities. Drain well. Do not soak.**
- **Discard any berries that are discolored or damaged.**

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