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
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- 1 cup fresh blueberries
- 1/2 teaspoon salt

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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