



Oatmeal-Blueberry Pancakes with Maple Syrup



1 cup flour	1 cup low fat or skim milk
1/2 cup oatmeal	1 egg or 1/4 cup egg substitute
1/4 cup sugar (optional)	2 tablespoons vegetable oil
1 tablespoon baking powder	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)



Oatmeal-Blueberry Pancakes with Maple Syrup



1 cup flour	1 cup low fat or skim milk
1/2 cup oatmeal	1 egg or 1/4 cup egg substitute
1/4 cup sugar (optional)	2 tablespoons vegetable oil
1 tablespoon baking powder	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)



Oatmeal-Blueberry Pancakes with Maple Syrup



1 cup flour	1 cup low fat or skim milk
1/2 cup oatmeal	1 egg or 1/4 cup egg substitute
1/4 cup sugar (optional)	2 tablespoons vegetable oil
1 tablespoon baking powder	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)



Oatmeal-Blueberry Pancakes with Maple Syrup



1 cup flour	1 cup low fat or skim milk
1/2 cup oatmeal	1 egg or 1/4 cup egg substitute
1/4 cup sugar (optional)	2 tablespoons vegetable oil
1 tablespoon baking powder	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.

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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.

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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.

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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.

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.