

February

LOW-FAT PANCAKES

Ingredients:

1 ½ cups whole-wheat flour (may also use white flour)
½-teaspoon salt
1-teaspoon baking powder
1-tablespoon sugar
1 egg
1-tablespoon oil
1-¾ cups skim milk
½ cup frozen or fresh blueberries

Directions:

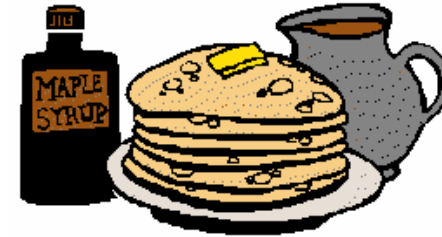
- Mix together the flour, salt, baking powder and sugar in large bowl.
- In medium bowl, beat the egg with a fork; add the oil and milk, mix well.

Add the egg mixture to the flour mixture and stir until smooth with a wire whisk, if too thick, add more milk.

- Cook on a non-stick pan, on medium heat or an electric non-stick

griddle. Use about three tablespoons of batter for each pancake.

- Once the pancakes form bubbles flip the pancake.
- Pancakes can be served with maple syrup, molasses, jam or preserves; try light versions of these toppings. You can also top pancakes with flavoured yogurt & fresh berries, apple sauce with cinnamon or you can use a sugar-free type of jam. Traditionally, maple trees were tapped and sap collected.



Blueberries are an excellent choice for a serving of fruit and are a good source of vitamins, like Vitamin C and minerals. They can be found in the wild throughout New Brunswick.

Pick or purchase blueberries in season and freeze to have on hand throughout the year. ½ cup is one serving size. Eat them plain or add them to cereal, yogurt, to a fruit smoothie, or even to a salad. Use them to make pancakes, muffins, biscuits. They can be used in a fruit cobbler, a fruit crisp and in other desserts.

Blueberries can be used fresh or frozen.

Other berries like cranberries are also good choices and are an excellent source of vitamin C. Cranberries can be eaten fresh, dried, as a condiment and added to many dishes including salads and baked goods.

Including fruit in your diet can be easy.

Fruit is a very important part of good nutrition. Fruits are a good source of fibre and contain many vitamins and minerals that are essential to being healthy. They also provide energy. Fruit can be fresh, frozen or canned. If using canned, buy fruit that is packed in water or pear juice. Limit the amount of juice that you drink as juices are high in sugar, even though it is natural sugar.

Choose a variety of fruits of different colours. Include a piece of fruit with each meal and make fruit a healthy choice for a snack. Avocados, olives and coconuts are fruits high in fat, so choose these less often.

