



HG's True Blueberry Cannoli Pancakes



Entire recipe: 312 calories, 4g fat, 632mg sodium, 51g carbs, 7g fiber, 14.5g sugars, 18.5g protein --
PointsPlus® value 8*

Prep: 5 minutes

Cook: 15 minutes

Ingredients:

Pancakes

1/3 cup whole-wheat flour

1/2 tsp. baking powder

1 no-calorie sweetener packet (like Splenda or Truvia)

Dash salt

1/4 cup fat-free liquid egg substitute (like Egg Beaters Original)

2 tbsp. fat-free or low-fat buttermilk (or *HG Alternative*)

1/8 tsp. vanilla extract

Blueberry Topping

1/2 cup frozen unsweetened blueberries, thawed (drained, if needed)

1 tsp. brown sugar (not packed)

1/2 tsp. cornstarch

Cannoli Topping

1/4 cup light/low-fat ricotta cheese

1 no-calorie sweetener packet (like Splenda or Truvia)

1 drop vanilla extract



Directions:

To make the pancakes, in a medium bowl, mix flour, baking powder, sweetener, and salt. Stir in egg substitute, buttermilk, vanilla extract, and 2 tbsp. water.

Bring a skillet sprayed with nonstick spray to medium heat. Add half of the batter to form a large pancake. Cook until it begins to bubble and is solid enough to flip, 2 – 3 minutes. Gently flip, and cook until both sides are lightly browned and inside is cooked through, 1 – 2 minutes.

Plate your pancake. Remove skillet from heat, re-spray, and return to medium heat. Repeat with remaining batter to make a second pancake. Plate pancake, and cover to keep warm.

To make the blueberry topping, place blueberries in a large microwave-safe mug sprayed with nonstick spray. Stir in 2 tsp. water. Sprinkle with brown sugar and cornstarch, and stir to coat. Microwave for 1 minute, or until hot. Stir, and spoon over pancakes.

In a small bowl, mix ingredients for cannoli topping. Spoon over blueberry topping, and enjoy!

MAKES 1 SERVING

HG Alternative: Instead of using buttermilk, double the amount of water in the pancake batter.

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