Blueberry-bran pancakes

Celebrate morning with these hearty, high-fiber pancakes. Consider placing the blueberries in the shape of your first initial, a flower or other decorative pattern.

PREP TIME: 15 min | COOK TIME: 12 min | SERVINGS: 4 | PER SERVING:

**Ingredients** ▲ = Power Food

- ¾ cup(s) ready-to-eat bran flakes
- ▲ 2 large egg white(s)
- 1 ¼ cup(s) buttermilk
- 2 tsp canola oil
- 1 cup(s) all-purpose flour
- 1 Tbsp sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ⅛ tsp table salt, or to taste
- ⅛ Tbsp lemon zest, or to taste
- ▲ ¾ cup(s) fresh blueberries
- 2 tsp powdered sugar

**Instructions**

Coat a nonstick skillet with cooking spray; heat over medium-high heat. Crush cereal in a food processor or blender, or place in a zip-close plastic bag and crush with a rolling pin; set aside.

Stir egg whites, buttermilk, oil and cereal together in a medium bowl; allow to stand 5 minutes. Beat in flour, sugar, baking powder, baking soda, salt and zest with a wire whisk until well blended. To make pancakes, place 3 tablespoons of batter onto skillet, repeat to make 4 pancakes at a time. Gently press a few blueberries into each pancake. Cook until puffed, about 2 minutes; flip and cook until golden brown, about 2 minutes more. Repeat to make 12 pancakes. Serve pancakes in a short stack dusted with powdered sugar. Yields 3 pancakes per serving.

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