



Blueberry Pancake: Simply Sweet and Easy



Blueberry-Filled Dutch Pancake is a scrumptious dish for breakfast or brunch.

(NAPSA)—For a quick twist on blueberry flapjacks, why not try a Blueberry-Filled Dutch Pancake? This family-sized pancake is quick and easy to mix in the blender, and bakes in the oven.

The Dutch pancake puffs as it bakes and quickly settles down as it cools to be filled with big luscious blueberries that are gently poached in syrup.

Fresh and frozen blueberries are a great way to start the day. Not only do blueberries add fun to breakfast, a whole cup has just 80 calories and provides fiber, vitamin C, manganese and substances that have antioxidant properties.

Go to www.littlebluedynamo.com and you'll find loads of recipes and ideas for adding blueberries to breakfast and much more.

Blueberry-Filled Dutch Pancake

2 tablespoons butter, softened
6 large eggs
1 cup low-fat milk

$\frac{3}{4}$ cup flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon vanilla extract
1 cup blueberries
 $\frac{1}{4}$ cup light corn syrup or pure maple syrup

Preheat oven to 425° F. In a 13 x 9-inch pan, evenly spread butter over bottom and sides. In a blender, blend eggs, milk, flour, sugar, salt and vanilla until smooth. Pour batter into baking dish; bake until pancake is golden brown and puffy, 20 to 25 minutes. Meanwhile, in a small skillet over medium heat, heat blueberries and corn syrup just until the first blueberry pops, about 2 minutes; remove from heat. Remove pancake from oven; pour blueberry syrup into center of the pancake; cut into 6 pieces. Serve immediately.

Yield: 6 portions

Per portion: 270 calories, 37 g carbohydrate, 10 g total fat