

Go With The (Whole) Grain

(NAPSA)—Getting the recommended three servings of *whole* grains each day is easier than you may think. If you wake up to a bowl of oatmeal and eat a turkey sandwich on two slices of whole wheat bread for lunch, you've met your daily quota.

The easiest way to know if you're eating a whole grain product is to check the ingredient list. Look for key words like "whole grain oats" and "whole wheat" at the top of the list.

Cran-Blueberry Whole-Grain Pancakes offer a double dose of whole grain goodness—rolled oats, whole wheat flour and wheat germ.



CRAN-BLUEBERRY WHOLE-GRAIN PANCAKES

About 16 pancakes

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| $\frac{3}{4}$ cup whole wheat flour | 1 egg, beaten |
| $\frac{1}{2}$ cup Quaker oats (quick or old fashioned, uncooked) | 2 tablespoons vegetable oil |
| $\frac{1}{4}$ cup toasted wheat germ | $\frac{1}{2}$ cup dried cranberries |
| 2 tablespoons sugar | 1½ cups blueberries |
| 1 tablespoon baking powder | 1 jar (10 oz.) blueberry or blackberry fruit spread |
| $\frac{1}{4}$ teaspoon salt | 1 tablespoon lemon juice |
| 1½ cups fat-free milk | |

In large bowl, combine first six ingredients; mix well. In medium bowl, combine milk, egg and vegetable oil; blend well. Add to dry ingredients; mix just until moistened. Stir in cranberries.

Heat griddle over medium-high heat. Spray with cooking spray. For each pancake, pour scant $\frac{1}{4}$ cup batter onto hot griddle; quickly top with 8 to 10 blueberries. Turn when edges look cooked. In microwavable bowl, heat fruit spread and juice on HIGH (100%) 1½ to 3 minutes until melted and smooth, stirring once. Serve with pancakes.

NUTRITION INFORMATION: (per $\frac{1}{8}$ of recipe): Cal. 245, Fat 4g (Sat. Fat 0.5g), Chol. 0mg, Sodium 230mg, Carbs 48g, Fiber 4g, Pro. 5g.