



Heart-Shaped Whole Wheat Blueberry-Nut Pancakes

Prep: 12 minutes plus standing

Cook: 15 minutes • Serves: 8

- 2 large eggs
- 1⅓ cups sweetened condensed milk
- ½ cup whole milk
- 2 tablespoons fresh lemon juice
- 1½ cups whole wheat flour
- ¾ cup all-purpose flour
- 3 tablespoons granulated sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- Nonstick cooking spray
- 1 cup fresh blueberries or 1 (10-ounce) package frozen blueberries, rinsed and dried
- ¾ cup chopped pecans or walnuts
- Butter and maple syrup (optional)

1. In large bowl, whisk eggs; stir in sweetened condensed milk, milk and lemon juice. In separate large bowl, sift together flours, sugar, baking soda and salt. With rubber spatula, gently fold wet ingredients into dry ingredients, being careful not to overmix batter. Let batter stand 30 minutes at room temperature; batter will become thick upon standing.

2. Preheat large nonstick skillet or flat top griddle over medium-high heat (325° to 350°); spray skillet and 3½- to 4-inch heart-shaped heat-proof cookie cutter(s) with nonstick cooking spray. Place cutter(s) in skillet; ladle batter into cutter(s) and sprinkle with blueberries and nuts. Cook until air bubbles have developed and underside is an even, golden color; flip and cook until bottoms are golden brown. Repeat with remaining batter, spraying skillet and cutter(s) with cooking spray as needed between batches. Serve pancakes topped with butter and maple syrup, if desired.

Approximate nutritional values per serving:

414 Calories, 14g Fat (4g Saturated), 72mg Cholesterol, 383mg Sodium, 63g Carbohydrates, 4g Fiber, 11g Protein

Chef Tips

Serve with skewers of fruit cut into heart shapes.

Overmixing batter will result in a tough texture. Pancakes should only be flipped once to maintain a fluffy texture.

Prepared pancakes can be cooled, then stacked between waxed paper and frozen in a freezer-safe zip-top plastic bag for up to 1 month. To reheat frozen pancakes, cook pancakes in stacks of 3 on a microwave-safe plate, uncovered, 1 to 1½ minutes or until hot.