

BLUEBERRY BUCKWHEAT PANCAKES



Source: Catherine Brooks at mashed.com

Serves: 6 Prep: 5 min Cook: 17 min

Ingredients

1 1/3 cups buckwheat flour	½ tsp vanilla extract
2 tsp baking powder	1 Tbsp maple syrup
2 large eggs	2/3 cup fresh or frozen blueberries
2/3 cups oat milk	Vegetable oil to cook pancakes (if needed)

Instructions

1. Whisk together flour and baking powder in mixing bowl.
2. In a separate large mixing bowl, whisk together eggs, milk, vanilla, and syrup.
3. Fold the flour mixture into mixed wet ingredients.
4. Add blueberries and mix everything together.
5. Add oil to a skillet or fry pan and turn to medium heat.
6. Once pan is hot, add about ¼ cup of batter for each pancake.
7. Cook until you see bubbles on the surface (about 2 min) and then flip.
8. Repeat step 7 until all pancakes are cooked.
9. Serve with fresh berries and a drizzle of maple syrup.

Eat Your Blueberries!

By Janie Atwood, OSU Moore Family Center Fellow
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It's blueberry season! Blueberries are one of the most nutritious fruits. With their high nutrient content and their naturally sweet flavor, they are a popular summer fruit that conveys many health benefits. Blueberries not only contain vitamin C and dietary fiber, they also contain a very important phytonutrient known as *anthocyanin*.

Anthocyanin is what gives blueberries their vibrant purple-blue color. Many studies have shown that anthocyanins contain antidiabetic, anticancer, anti-inflammatory, and antimicrobial properties, as well as providing protection against cardiovascular disease. Eating ½ cup fresh blueberries daily can prevent chronic disease and improve overall health. Just one serving of blueberries, fresh or frozen, contains 25% of the daily recommended vitamin C intake and is a good source of dietary fiber. The high fiber and water content help with feelings of fullness and can aid in weight management.

Blueberries are a diverse fruit that can be paired with a variety of other foods. Consider adding blueberries to oatmeal, yogurt, cereal, pancakes, smoothies or salads. On their own, blueberries can be eaten fresh, frozen, freeze-dried, or dehydrated. This time of year, you can find fresh blueberries at roadside stands or enjoy a family outing and pick your own.



Photo source: [Blueberry.org](https://www.blueberry.org)

Getting fresh blueberries this time of year is not difficult, especially since blueberries grow wild throughout Oregon. Hazen's Riverside Blueberry Farm in Coos County is a perfect place to pick. U-pick season begins July 7 and lasts for four to five weeks. Fresh blueberries can be eaten immediately, or frozen so that they last into the fall and winter months.

For a great recipe using blueberries, check out this one for buckwheat pancakes (*below*). For more information on buckwheat, go to <https://extension.oregonstate.edu/coos/healthy-families-communities> and type buckwheat in the name search.



Blueberry Buckwheat Pancakes

Catherine Brooks at mashed.com

Ingredients

1 1/3 c buckwheat flour	1/2 tsp vanilla
2 tsp baking powder	1 Tbsp maple syrup
2 large eggs	2/3 c fresh or frozen blueberries
2/3 c oat milk	Vegetable oil to cook (if needed)

Instructions

1. Whisk together dry ingredients in small bowl.
2. Whisk wet ingredients in a large bowl. Fold dry ingredients into wet ingredients. Add blueberries and mix.
3. Add oil to skillet over medium heat.
4. Scoop out 1/4 cup batter and cook until bubble appear on surface. Then flip. Repeat until all batter is used.
5. Serve with fresh berries and a drizzle of maple syrup.