



Folding beaten egg whites into the batter is the secret to these light-as-a-feather pancakes.

Fluffy Blueberry Oat Bran Pancakes

PREP: 15 MINUTES COOK: 4 MINUTES PER BATCH

$\frac{2}{3}$	cup all-purpose flour
$\frac{1}{3}$	cup oat bran
1	tablespoon packed brown sugar
2	teaspoons baking powder
$\frac{1}{8}$	teaspoon salt
1	cup fat-free milk
1	tablespoon cooking oil
2	egg whites
	Nonstick cooking spray
$\frac{1}{2}$	cup fresh blueberries
$\frac{1}{2}$	cup pancake and waffle syrup
1	teaspoon finely shredded orange peel

1. In a medium bowl, stir together flour, oat bran, brown sugar, baking powder, and salt. Stir in milk and oil just until combined.
2. In a small bowl, beat egg whites with an electric mixer on medium speed until stiff peaks form (tips stand straight); fold into batter (small mounds of egg white will remain).
3. Lightly coat an unheated griddle or large nonstick skillet with nonstick cooking spray. Preheat over medium heat. For each pancake, spoon $\frac{1}{4}$ cup of the batter onto hot griddle or skillet; if necessary, spread to a 4-inch circle. Sprinkle about 5 blueberries onto each pancake. Cook about 2 minutes on each side or until pancakes are golden brown, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry.
4. Meanwhile, in a small saucepan, heat syrup until warm. Stir in orange peel. Serve syrup mixture with pancakes. Makes 4 servings (3 pancakes per serving).