

Wholesome Soy Berry Pancakes

NUMBER OF SERVINGS: 8, approx. 16 pancakes

Ingredients

- White whole wheat flour 1.5 cups (350 mL)
- Oatmeal, quick cooking ½ cup (125 mL)
- Baking powder 2 Tbsp (30 mL)
- Soymilk, vanilla or plain 1.5 cups (350 mL)
- Eggs 4
- Brown sugar, packed 1 Tbsp (15 mL)
- Soybean oil 2 Tbsp (30 mL)
- Fresh blueberries, divided 4 cups (1 L)
- Maple syrup (optional)

Directions

1. Combine flour, oatmeal and baking powder in medium bowl.
2. Whisk soymilk, eggs, brown sugar and soybean oil in large bowl until blended.
3. Add flour mixture to soymilk mixture; stir just until blended. Stir in 2 cups berries.
4. Heat large skillet over medium heat; brush lightly with soybean oil. Pour ¼ cup batter into hot skillet; cook until bubbles begin to burst on the surface. Flip over and continue cooking for 1 to 2 minutes or until golden.
5. Repeat with remaining batter. Serve with remaining berries and maple syrup, if desired.

NUTRITION PER SERVING

Calories 230 | Protein 8 g | Fat 7 g | Carbohydrates 34 g | Fiber 4 g | Sodium 460 mg



Over 2 million acres of soybeans are grown annually in Ontario.



Instead of blueberries, you might want to try chocolate chips or cut up apple with sprinkles of cinnamon.



Susan is a no-till Soybean grower from Highgate, ON. “When managing weeds, diseases and insect pests in soybeans, I consider the cost, effectiveness and environmental impact of various strategies.”

Breakfast



Recipe
and photo
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