



Heart Happy Blueberry Pancakes

- 1 packet TJ's Heart Healthy Whole Grain Blueberry Instant Oatmeal
- 1 cup TJ's Multigrain Pancake Mix
- 1/2 cup TJ's Milk (any kind is fine)
- 1 TJ's Cage Free Large Egg
- 1 tablespoon TJ's Canola Oil
- 1/4 cup TJ's Freeze Dried Blueberries

Prepare the oatmeal according to the directions on the box and allow it to cool to room temperature. Combine the pancake mix with the milk, egg and oil and mix together. Stir in the prepared oatmeal, then carefully fold in the freeze dried berries. Now you are ready to make pancakes: drop approximately 1/4 cup of batter onto a hot griddle (or more, or less, depending on preferred pancake diameter); cook on one side or two minutes or until bubbles form and then flip to other side and cook for another 2-3 minutes. Repeat until you have a stack. (Optional: top with syrup, fresh blueberries or a dusting of powdered sugar.)

Serves: 2 - 8

Cooking Time: 10 - 15 Minutes