

## BLUEBERRY BANANA PECAN PANCAKES

### Ingredients

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 3/4 Tbsp. baking powder
- 2 Tbsp. sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1 cup fat free milk
- 3 Tbsp. canola oil
- 1 large egg
- 1 medium banana, sliced
- 1/2 cup blueberries
- 2 tsp. caramel dip
- 1 Tbsp. Georgia Pecans, finely chopped

### Directions

1. Sift flours, baking powder, sugar, cinnamon and salt in large bowl.
2. Add milk, oil and egg, and mix until moistened.
3. Heat griddle or skillet over medium heat; spray with cooking spray.
4. Spoon pancake mixture onto skillet. Add sliced bananas and blueberries, and cook 2-3 minutes, or until pancakes begin to bubble.
5. Flip and cook 1-2 minutes, or until done.
6. Top with pecans and drizzle with caramel dip.

