

Power up with a nutritious hearty breakfast

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Start your day right with your very first meal for the day. Don't skip breakfast as what you eat can boost your energy levels and help you begin the day on a high note. Wake up a little earlier and make your very own breakfast that is deliciously nutritious.

Ms Jaclyn Reutens, a dietitian with 13 years of experience, shares her recipe for blueberry pancakes.

Blueberries are a good source of bioflavonoids called anthocyanins.

She says: "This low fat recipe is high in dietary fibre. It contains lean protein from the skim milk and eggs. The blueberries are

packed with antioxidants and their natural sweetness pairs well with the pancakes."

You can replace blueberries with strawberries or raisins.

Strawberries contain vitamin C which supports the health of your immune system. Raisins are high in iron and are a good source of potassium.

Blueberry pancakes

Ingredients (serves 6)

¾ cup whole-wheat flour
2 tsp baking powder
1 ½ cups oat flour
2 cup skim milk
2 eggs
1 cup of blueberries
3 tablespoons of honey



Photo: iStockphoto

Directions

1. Sift flour, baking powder into a bowl and stir in oat flour.
2. Beat the eggs with milk in a separate bowl.
3. Pour the milk and egg mixture into the dry ingredients, mix to form a smooth, thick batter.
4. Heat a non-stick pan and pour in batter to form a small pancake.
5. Place a few blueberries in the half cooked mixture. Turn over using a spatula and cook for two minutes. Do the same for the remaining mixture.
6. Place the pancakes on a plate. Drizzle honey on each pancake.