



## Iced Blueberry Crumble Pancakes



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 cup all purpose gold medal flour
- ☐ 2 teaspoons vanilla almond milk
- ☐ 1 teaspoon baking soda
- ☐ 1 cup blueberries fresh
- ☐ 1 large eggs
- ☐ 0.5 cup gold medal flour whole wheat
- ☐ 1 cup cereal
- ☐ 2 tablespoons granulated sugar

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon vanilla extract pure

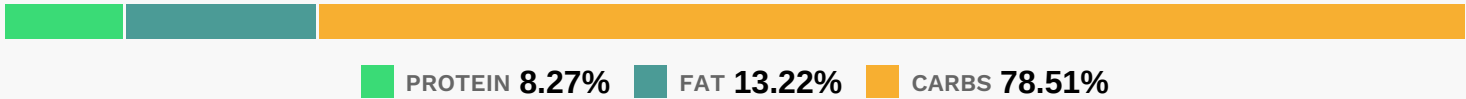
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Heat medium non-stick skillet over medium heat. In a large bowl, combine the flours, granola, sugar, baking soda, salt, almond milk, egg and vanilla. Stir to combine then gently stir in blueberries. In batches spoon batter into hot skillet, forming a round pancake. After about 2 minutes, when batter starts to bubble on top, flip and cook for an additional minute or two, until cooked through. Continue until all pancakes have been cooked. Keep warm. To prepare icing, whisk powdered sugar and almond milk until thick and creamy.
- ☐ Drizzle on top of pancakes if desired. Use maple syrup if desired as well.

## Nutrition Facts



## Properties

Glycemic Index:32.51, Glycemic Load:15.93, Inflammation Score:-3, Nutrition Score:7.1034782580707%

## Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

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Nutrients (% of daily need)

Calories: 247.52kcal (12.38%), Fat: 3.66g (5.63%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 47.01g (17.1%), Sugar: 22.77g (25.3%), Cholesterol: 23.25mg (7.75%), Sodium: 226.01mg (9.83%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 5.15g (10.29%), Manganese: 0.63mg (31.73%), Selenium: 12.63µg (18.04%), Vitamin B1: 0.24mg (16.04%), Folate: 52.12µg (13.03%), Vitamin B2: 0.18mg (10.78%), Iron: 1.92mg (10.69%), Phosphorus: 84.77mg (8.48%), Vitamin B3: 1.61mg (8.06%), Fiber: 1.87g (7.49%), Magnesium: 20.96mg (5.24%), Vitamin E: 0.77mg (5.15%), Copper: 0.09mg (4.73%), Vitamin K: 4.33µg (4.12%), Zinc: 0.58mg (3.88%), Potassium: 108.23mg (3.09%), Vitamin B5: 0.31mg (3.09%), Vitamin B6: 0.05mg (2.45%), Calcium: 23mg (2.3%), Vitamin C: 1.81mg (2.19%), Vitamin B12: 0.07µg (1.1%)