

Baked Blueberry Ginger Pancake

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Servings: 9

2 large eggs
1 1/2 cups 2% milk
1/4 cup butter, melted
2 cups all-purpose flour
2 tablespoons sugar
3 teaspoons baking powder
1 1/2 teaspoons ground ginger
1/2 teaspoon salt
2 cups fresh or frozen unsweetened blueberries
maple syrup

Preheat the oven to 350 degrees.

In a bowl, combine the eggs, milk and butter. In a separate bowl, whisk the flour, sugar, baking powder, ginger and salt. Add to the egg mixture.

Spoon the batter into a nine-inch square baking pan coated with cooking spray. Sprinkle the blueberries over the top.

Bake until a toothpick inserted in the center comes out clean, 20 to 25 minutes.

Cut into squares. Serve with warm maple syrup.

If your little ones are not fans of ginger, feel free to scale it back or something else, like ground cinnamon or grated lemon zest.

Blueberries make this pancake wonderful, but raspberries, blackberries or chopped strawberries work well, too. Or try a mixture of all.

Per Serving (excluding unknown items): 196 Calories; 7g Fat (33.7% calories from fat); 6g Protein; 27g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 370mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.