



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Keep working on making habits effortless!

Habit #5 - Take time each day to make connections and show appreciation.

*Start with
MOM
this week!*

Taking time to appreciate the people who are important to you is essential for staying connected.

With all that's been going on in the world, it's still possible to give mom a special treat on Mother's Day! On your next shopping trip, grab any ingredients you don't have on-hand and get cooking. Show her the love with these heart-shaped pancakes!

They're a delicious and decadent combination. If you don't have a heart shape, just pour them like a regular pancake. Plus, they offer the opportunity to swap for similar ingredients if you have something on hand to avoid a shopping trip. Try peach, strawberry, or another fruit if you don't have blueberries. Use all-purpose flour for the full amount if you don't have whole wheat flour.

BONUS: Whole wheat flour, fruit and nuts may help protect Mom's health!



Heart-Shaped Whole Wheat Blueberry-Nut Pancakes

Ingredients:

- 2 large eggs
- 1-1/3 cups sweetened condensed milk
- 1/2 cup whole milk
- 2 Tbsps. lemon juice
- 1-1/2 cups whole wheat flour
- 3/4 cup all-purpose flour
- 3 Tbsps. granulated sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup fresh blueberries or 1 (10 oz.) package frozen blueberries, rinsed and dried
- 3/4 cup chopped pecans or walnuts



Directions:

1. In large bowl, whisk eggs; stir in sweetened condensed milk, milk and lemon juice. In separate large bowl, sift together flours, sugar, baking soda and salt. With rubber spatula, gently fold wet ingredients into dry ingredients, being careful not to over-mix batter. Let batter stand 30 minutes at room temperature; batter will become thick upon standing.
2. Preheat large nonstick skillet or flat top griddle over medium-high heat (325° to 350°); spray skillet and 3-1/2- to 4-inch heart-shaped heat-proof cookie cutter(s) with nonstick cooking spray. Place cutter(s) in skillet; ladle batter into cutter(s) and sprinkle with blueberries and nuts. Cook until air bubbles have developed and underside is an even, golden color; flip and cook until bottoms are golden brown. Repeat with remaining batter, spraying skillet and cutter(s) with cooking spray as needed between batches. Serve pancakes topped with butter and maple syrup, if desired.