



## **Blueberry Pancakes**

### **Ingredients**

6 egg whites  
1/2 cup oats  
1 tsp baking powder  
1/2 cup unsweetened almond milk  
1 dash salt  
2 packets Truvia or Stevia  
1/4 cup blueberries  
1/2 cup unsweetened applesauce  
1 dash cinnamon

### **Directions**

1. Put egg whites, oats, baking powder, almond milk, salt, and Stevia in the blender.
2. Blend for 30 seconds on med-high speed.
3. Spray a pan with non-stick cooking spray, pour batter on pan, and add half the blueberries.
4. Cook like a regular pancake.
5. For topping, add applesauce and cinnamon.