

Blueberry Pecan Pancake Mix

Makes: 2-1/2 cups dry mix (makes 8 servings, 2 pancakes each)

All you need:

- 1 cup all-purpose flour
- 1/2 cup white whole-wheat flour
- 1/2 cup dried blueberries
- 1/2 cup finely chopped pecans, toasted (see Tip)
- 3 tablespoons light brown sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt

All you do:

1. To make dry mix: Layer ingredients (all-purpose flour, whole-wheat flour, blueberries, pecans, brown sugar, baking powder, cinnamon and salt) in a storage bag or container.

To make pancakes: Whisk 2 large eggs, 2 large egg whites, 1-1/2 cups nonfat buttermilk and 2 tablespoons canola oil in a medium bowl. Put *Blueberry-Pecan Pancake Mix* in a large bowl. Make a well in the center of the mix; add wet ingredients and stir until just combined. Use about 1/4 cup batter for each pancake.

Tips & Notes

- **Make-Ahead Tip:** The mixture of dry ingredients can be stored in an airtight container at room temperature for up to 1 month or frozen for up to 3 months.
- **Tip:** Place chopped pecans in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

NutritionPer serving: 259 calories; 10 g fat (1 g sat, 6 g mono); 54 mg cholesterol; 35 g carbohydrates; 8 g protein; 3 g fiber; 356 mg sodium; 109 mg potassium.

Chai Tea Mix

All you need:

- 3 tablespoons nonfat dry milk powder
- 3 tablespoons powdered non-dairy creamer
- 2 tablespoons French vanilla-flavored powdered non-dairy creamer
- 1/4 cup white sugar
- 1/4 cup unsweetened instant tea
- 1/4 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon allspice
- 1/8 teaspoon nutmeg
- dash white pepper

All you do:

1. In a large bowl, combine milk powder, non-dairy creamer, vanilla-flavored creamer, sugar and instant tea. Stir in ginger, cinnamon, cloves, cardamom, allspice, nutmeg and pepper. In a coffee grinder or blender blend until mixture is the consistency of fine powder.
2. Place mixture into a reseal able container.

To serve: Stir 2 heaping tablespoons chai tea mixture into a mug of hot water or milk.

Peppermint Body Scrub

All you need:

- 3/4 cup granulated sugar
- 1/4 cup olive oil
- 2 drops peppermint essential oil
- Food coloring to make it pink

All you do:

1. Mix together in a small bowl and place into a container.

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