



Blueberry Pancake Breakfast Bars



1/10th of recipe (1 bar): 181 calories, 2g total fat (<0.5g sat fat), 309mg sodium, 31.5g carbs, 5g fiber, 2g sugars, 9.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

3 cups whole-wheat flour
1/2 cup vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
4 packets no-calorie sweetener (like Truvia)
2 tsp. baking powder
1 1/2 tsp. cinnamon
1/2 tsp. salt
1 tbsp. light whipped butter or light buttery spread
2 1/2 cups unsweetened vanilla almond milk
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
1 tbsp. maple extract
1 cup blueberries

Directions

Preheat oven to 425 degrees. Spray an 11" x 17" baking sheet with nonstick spray.

In a large bowl, mix flour, protein powder, sweetener, baking powder, cinnamon, and salt.

In a medium-large microwave-safe bowl, microwave butter for 10 seconds, or until melted. Add almond milk, egg whites/substitute, and maple extract. Mix until uniform.

Add milk-egg mixture to the large bowl, and mix until uniform.

Gently fold in 1/2 cup blueberries. Transfer to the baking sheet, and smooth out the surface.

Top with remaining 1/2 cup blueberries. Lightly press to adhere.

Bake until top is light golden brown and entire dish is cooked through, 8 - 10 minutes.

MAKES 10 SERVINGS

HG Storage Tips: These will stay fresh in the fridge for about a week. To freeze 'em, tightly wrap each fully cooled piece in foil or plastic wrap. Then place 'em in a sealable container or bag, seal, and freeze. To thaw one, unwrap and place on a microwave-safe plate. Cover or wrap in a paper towel, and microwave for about 1 1/2 minutes.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.