

swedish pancakes with blueberry syrup

preparation: 10 minutes | **processing:** 2 ½ minutes | **cook time:** 2-4 minutes | **yield:** 12 servings

2 cups (480 ml) milk	¼ teaspoon coarse salt
1 ½ cups (188 g) all-purpose flour	1 package (12 ounces) frozen blueberries, completely thawed
4 large eggs	¾ cup (150 g) sugar
⅓ cup (67 g) sugar	1 teaspoon lemon juice
3 Tablespoons (45 g) butter, melted	3 cups (500 g) sliced strawberries

1. Place milk, flour, eggs, sugar, butter and salt into the Vitamix container in order listed and secure lid.
2. Select Variable 1.
3. Switch machine to Start and slowly increase speed to Variable 3. Blend for 10 seconds. Let stand at room temperature 20 minutes.
4. Heat a 9-inch (23 cm) nonstick skillet over medium-high heat until a drop of water sizzles. Add about ⅓ cup (80 ml) batter and swirl to cover bottom of pan. Cook 1 to 2 minutes or until golden brown on bottom and top is dry. Turn and cook the second side. Repeat with remaining batter. Serve with blueberry syrup and strawberries.
5. For syrup, place blueberries, sugar and lemon juice into the Vitamix container and secure lid.
6. Select Variable 1.
7. Switch machine to Start and slowly increase speed to Variable 10. Blend for 2 ½ minutes until smooth and thick or steam escapes from the vented lid plug.

nutritional information

per serving (with syrup and strawberries): Calories: 215, Total Fat: 5 g, Saturated Fat: 3 g, Protein: 6 g, Fiber: 2 g, Carbohydrates: 38 g, Sodium: 104 mg, Cholesterol: 82 mg