

BERRY, BERRY PANCAKE ROLLUPS

Serves: **6**

- 3 cups berries, fresh: 1 cup each of strawberries, blueberries, blackberries
- 1/2 cup strawberry 100% fruit preserves
- 2 cups buttermilk pancake mix
- 1 1/2 cups water
- vegetable oil cooking spray
- 1/2 cup vanilla yogurt, non-fat or low-fat (optional)

TIP:

- Use any kind of fresh berries, depending on price or what's in season.

1. Gently wash berries.
2. Make berry pancake topping by mixing berries and preserves in saucepan over medium heat for about 5 minutes or until slightly thickened.
3. Prepare pancake mix and water in a large bowl according to package directions. Cook on preheated griddle or frying pan sprayed with vegetable oil cooking spray. The batter should make between 6 and 8 pancakes about 5-6 inches in size.
4. Top each pancake with 1/2 cup hot berry mixture and roll up.
5. If desired, top each rolled pancake with one tablespoon vanilla yogurt.

Nutrition Facts: Serving size: 1 pancake with berry mixture and yogurt; Calories: 280; Fruits and Vegetables: 1; Fat: 2 g; Fiber: 4 g.