

Available Now...

Wheat

More than two million acres of wheat are planted in Colorado each year, and the state is ranked 8th nationally for wheat production.



Whole-grain foods are good sources of B-vitamins, vitamin E and protein.

Fun Facts

Wheat is produced in all regions of Colorado and is grown in more than 40 of the 64 counties.

Fresh Inspirations...

Vanilla and Blueberry Pancakes

Ingredients

- 1-1/2 Cups Whole Grain Flour
- 2 Tbsp. Brown Sugar
- 2 Tsp. Baking Powder, double acting
- 2 Eggs
- 1-1/4 Cups Buttermilk
- 2 Tbsp. Vanilla Bean Paste
- 3/4 Cup Fresh Blueberries

Directions

Combine the flour, brown sugar and baking powder together into a large mixing bowl. Mix well with a whisk to incorporate the baking powder into the flour. Add the eggs, buttermilk and vanilla paste and mix well. If mixture is too thick, adjust the buttermilk by tablespoons. Add the blueberries and mix until just incorporated. Heat a large skillet and spray with pan spray. Cook the pancakes until they start to bubble on the top, flip and cook until done, about one more minute. Serve with maple syrup or coconut syrup.



Provided by Chef Jason K. Morse, CEC, 5280 Culinary LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... **Colorado Buffalo**