Berry Bran Pancakes

- 1 cup Fiber One cereal
- 1 egg
- 1 ¾ cups milk
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ frozen berries, thawed

Crush Fiber One in a plastic bag

In a bowl, beat an egg with a whisk/fork. Beat in milk, oil, cereal

Let stand for about 5 minutes; until Fiber One is soft

Heat skillet to medium heat/375 degrees

Spray with cooking spray

Beat in the rest of the ingredients: flour, sugar, baking powder, baking soda, salt

Pour ¼ cup of batter onto the skillet. Cook until puffed and full of bubbles. Turn until other side is golden brown

Top with berries and serve