



Perfect Pancake Duo



Entire recipe (2 pancakes): 180 calories, 1g total fat (0g sat. fat), 515mg sodium, 32g carbs, 5g fiber, 1g sugars, 11.5g protein

Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

1/3 cup whole-wheat flour
1/2 tsp. baking powder
1 no-calorie sweetener packet (like Splenda or Truvia)
1/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
1/8 tsp. vanilla extract
Seasonings: salt, cinnamon (optional)

Directions

In a medium bowl, mix flour, baking powder, sweetener, and a dash of salt. If you like, add a dash of cinnamon. Stir in egg substitute, vanilla extract, and 1/4 cup water.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add half of the batter to form a large pancake. Cook until pancake begins to bubble and is solid enough to flip, 2 - 3 minutes. Gently flip and cook until both sides are lightly browned and inside is cooked through, 1 - 2 minutes.

Plate your pancake. Remove skillet from heat, re-spray, and return to medium-high heat. Repeat with remaining batter to make a second pancake. Enjoy!

MAKES 1 SERVING

If you want to dress up your pancakes a bit, stock up on low-sugar preserves, [light whipped butter](#) or [light buttery spread](#), sugar-free pancake syrup (careful... light syrup is still pretty high in calories), powdered sugar and, of course, lots of fresh fruit! For more pancake info, including survival strategies for dining out, [click here](#).

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