

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



RAINBOW PANCAKES WITH WARM STRAWBERRY SYRUP

Who among us can get our kids to eat cottage cheese and wheat germ in the morning (okay, make that any time of the day)? Now we can! All it takes is using The Sneaky Chef “Decoy” method. Kids will eat anything with sprinkles on top, but they’ll also eat things with sprinkles inside—even if there’s also lots of good-for-you ingredients in there too.

Makes 36 silver dollars (about 6 servings)

1/2 cup low-fat cottage cheese
1/2 cup low-fat milk
1 teaspoon pure vanilla extract
1 large egg
1/2 cup rolled oats
1/4 teaspoon salt
1 teaspoon baking powder
1/2 cup Flour Blend (see Make-Ahead Recipe #8, p. 265)
1 tablespoon multi-colored sprinkles
Strawberry syrup (next page)
Powdered sugar, optional

In the container of a blender, combine all ingredients except Flour Blend and sprinkles and blend until smooth. Add Flour Blend and pulse a few times until the dry ingredients are fully incorporated. Add the sprinkles and mix lightly with a spoon (do not blend the sprinkles—you want them to remain whole).

Spray non-stick cooking oil on a griddle or large skillet over medium heat. Test the pan by tossing in a few drops of water; it will sizzle when it’s hot enough. The skillet will grow hotter over time, so turn down the heat if the pan starts to smoke.

Drop small ladles (about 1 tablespoon) of batter onto the skillet in batches, making sure there are some sprinkles in each pancake. Pancakes should be small—about 1 1/2 inches across in size. When bubbles begin to set around the edges and the skillet-side of each pancake is golden (peek underneath), gently flip them over. Continue to cook 2 to 3 minutes or until the pancake is fully set.

Serve stacked high, drizzled with a little warm Strawberry Syrup (see recipe below) or dusted with powdered sugar.

Strawberry Syrup:

Strawberry Puree (see Make-Ahead Recipe #5, p. 262) combined with an equal part pure maple syrup. Warm, and serve.

Sneaky Time-Saving Tip!

Put all ingredients (except the sprinkles) in the blender the night before and refrigerate overnight. You can also make extra pancakes on leisurely Sunday mornings and simply reheat and serve for the next few days.

Nutritional Information

Per Serving (6 silver dollars, 83g): Calories 155; Total Fat 3g; Fiber 3g; Total Carbohydrate 24g; Sugar 2g; Protein 9g; Sodium 196mg; Cholesterol 37mg; Calcium 90mg

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