

Free sample recipe from The Sneaky Chef

<http://www.thesneakychef.com>



QUICK FIXES FOR BOXED PANCAKE MIX

You do it, I do it, we all do it. You know what I'm talking about. Dare I say out loud that we use boxed pancake mix instead of making pancakes from scratch! C'mon, we live in the real world where convenience is a must. Here are several ways to add a nutritious home-made touch to your favorite boxed mix (I tested these with Aunt Jemima's Original):

Banana Pancakes:

1 large egg
¾ cup low-fat milk
1 tablespoon canola or vegetable oil
1 large banana, mashed
¼ cup Orange Puree
1 cup boxed pancake mix
¼ cup wheat germ

In a large mixing bowl, whisk together the egg, milk, oil, mashed banana, and Orange Puree. Add boxed pancake mix and wheat germ, mixing just until combined (don't over mix - leave small lumps). If the batter is too thick, add a little more milk.

Nutritional Information

Serving size: 1 (151g); Calories: 256; Total Fat: 7.6g; Fiber: 3.2g; Total Carbohydrates: 39.2g; Sugars: 7.3g; Protein: 8.6g; Sodium: 443mg; Cholesterol: 61mg.

Compared to traditional banana pancake recipe: 14% less fat, 57% more fiber, 46% more potassium, 12% less sodium, 27% more protein, and 17% less sugars.

Chocolate Pancakes:

1 large egg
¾ cup low-fat milk
1 tablespoon canola or vegetable oil
½ cup Purple Puree
1 cup boxed pancake mix
1 tablespoon unsweetened cocoa powder
¼ cup oat bran
¼ cup semi-sweet chocolate chips, optional

In a large mixing bowl, whisk together the egg, milk, oil, and Purple Puree. Add boxed pancake mix, cocoa powder, and oat bran, and chocolate chips, if using, mixing just until combined (don't over mix - leave small lumps). If the batter is too thick, add a little more milk.

Nutritional Information

Serving size: (137g); Calories: 226; Total Fat: 7.5g; Fiber: 3.1g; Total Carbohydrates: 34.6g; Sugars: 5.4g; Protein: 8.2g; Sodium: 442mg; Cholesterol: 61mg.

Compared to traditional chocolate pancake recipe: 27% less calories, 29% less fat, 19% less cholesterol, 30% less carbs, 32% more potassium, 18% less sodium, and 72% less sugars.

Basic whole grain/yogurt Pancakes:

1 large egg
¾ cup low-fat milk
1 tablespoon canola or vegetable oil
½ cup plain yogurt
1 cup boxed pancake mix
¼ cup wheat germ

In a large mixing bowl, whisk together the egg, milk, oil, and yogurt. Add boxed pancake mix and wheat germ mixing just until combined (don't over mix - leave small lumps). If the batter is too thick, add a little more milk.

Nutritional Information

Serving size: (132g); Calories: 235; Total Fat: 8.5g; Fiber: 1.8g; Total Carbohydrates: 30.7g; Sugars: 3.9g; Protein: 9.1g; Sodium: 447mg; Cholesterol: 5mg.

Compared to traditional yoghurt pancake recipe: 131% more fiber, 76% more potassium, 20% less sodium, and 25% more protein.

Brown sugar and cinnamon pancakes

1 large egg

¾ cup low-fat milk

1 tablespoon canola or vegetable oil

1 tablespoon brown sugar, packed

½ teaspoon cinnamon

¼ cup oat bran

1 cup boxed pancake mix

In a large mixing bowl, whisk together the egg, milk, oil, brown sugar, and cinnamon. Add the oat bran and boxed pancake mix, mixing just until combined (don't over mix - leave small lumps). If the batter is too thick, add a little more milk.

Nutritional Information

Serving size: (100g); Calories: 218; Total Fat: 7.2g; Fiber: 1.9g; Total Carbohydrates: 33.0g; Sugars: 5.9g; Protein: 7.4g; Sodium: 434mg; Cholesterol: 61mg.

Compared to traditional pancake recipe: 22% less calories, 34% less fat, 22% less carbs, 27% more fiber, 34% more potassium, 157% more protein, and 73% less sugars.

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