

Thrive Across America

Cranberry Pancakes

Start your day off right with these easy pancakes, packed with cranberry's sour spike. One of you can make the coffee and heat the maple syrup while the other makes the pancakes. It's instant relationship bliss.

Ingredients

- 1/2 cup of fresh cranberries
- 1/4 cup of all-purpose flour
- 2 tablespoons plus 2 tsp. of whole-wheat flour
- 1 tablespoon of yellow cornmeal
- 1 tablespoon of sugar
- 1/2 teaspoon of baking powder
- 1/8 teaspoon of salt
- 1/8 teaspoon of ground nutmeg, or 1/4 teaspoon vanilla extract
- 6 tablespoons of nonfat milk
- 2 tablespoons of pasteurized egg substitute, such as Egg Beaters
- 1 1/2 teaspoons of walnut or canola oil

Directions

1. Bring 2 inches of water to a boil in a small saucepan. Add cranberries; boil for 2 minutes. Drain and cool for 5 minutes.
2. Meanwhile, whisk all-purpose flour, whole-wheat flour, cornmeal, sugar, baking powder, salt and nutmeg (if using) in a large bowl.
3. Whisk milk, egg substitute, oil and vanilla (if using) in a small bowl until combined.
4. Coarsely chop the cranberries; stir into the milk mixture. Stir the milk mixture into the dry ingredients just until combined.
5. Coat a griddle or large nonstick skillet with cooking spray; heat over medium heat. Using 1/4 cup of batter for each pancake, cook 2 pancakes at a time until bubbles dot the surface, 2 to 3 minutes. Flip and continue cooking until browned, 1 to 2 minutes more. Repeat with the remaining batter.

Nutrition Information

Per serving: 190 calories; 34 g carbohydrates; 4 g fat (0 g sat, 1 g mono); 6 g protein; 1 mg cholesterol; 3 g dietary fiber; 186 mg potassium; 336 mg sodium. Nutrition bonus:

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