



Healthy Eating & Weight Loss

Gingerbread Pancakes

- 1 cup whole wheat flour
- 3/4 tsp baking soda
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 2 tsp instant decaf coffee powder
- 1/4 cup hot water
- 1/4 cup egg beaters egg substitute
- 6 oz frozen unsweetened apple juice concentrate, undiluted
- 2 tbsp butter, melted

Combine flour, baking soda, ginger, cinnamon, cloves and salt in a large mixing bowl. In another smaller bowl, dissolve the instant coffee in the hot water and add the egg, apple juice and butter. Add the liquid ingredients to the dry ingredients and mix just enough to moisten the dry ingredients. The mixture will be slightly lumpy.

Spray a hot skillet or griddle with non-stick cooking spray and spoon batter, 1/4 cup at a time onto the hot griddle. Cook until the top of each pancake has tiny bubbles and the bottom is brown. Turn and brown the other side. makes 8 pancakes, 4 servings of 2 pancakes each.

262 calories per serving, 6 g protein

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