

Junk Food

750
CALORIES

DINER PANCAKES



Have you seen the size of most diner-style flapjacks? They're usually creeping close to the edge of the plate. Not to mention, they're made with junky white flour—three large ones can be like eating six slices of white bread. And the toppings only make matters worse: butter packs on fat, and a typical quarter-cup pour of gooey syrup adds 12 teaspoons of straight sugar—and an extra 240 calories—to your breakfast. That makes 750 calories per order.

My Protein Pancakes are super-popular in the Bauer house, and my kids are constantly trying all sorts of tasty variations (adding blueberries, chopped nuts, even occasional semisweet chocolate chips). And because this recipe calls for just five simple ingredients, you can whip it together in just a few minutes. Plus, it's packed with energizing protein to get you going. Good morning, indeed!

CHOOSE IT TO LOSE IT Make this pancake swap twice a week and you'll save more than 49,000 calories annually, which could help you shed more than 14 pounds by the end of the year.

Joy Food

270
CALORIES

PROTEIN PANCAKES

makes 1 serving

Forget carb-heavy, waist-busting flapjacks! These pancakes are full of high-quality protein from the egg whites, a smart choice if you're looking to lose weight or rev your system. They're also gluten-free and a cinch to put together.

- ½ cup quick-cooking oats
- 4 egg whites
- ½ teaspoon vanilla extract
- 1 tablespoon sugar or sugar substitute
- ½ teaspoon cinnamon (optional)

Generously coat a skillet with nonstick oil spray and warm over medium heat.

Combine all the ingredients in a small bowl and stir until thoroughly mixed.

Pour the mixture onto the skillet to make either 1 jumbo pancake or 5 small pancakes. Cook until you see small bubbles forming, 2 to 3 minutes for the jumbo pancake or 1 to 2 for the small pancakes. Then flip the pancake(s) over and cook until golden brown, 1 to 2 minutes.

nutrition information PER SERVING

270 calories • 19.5 g protein • 3 g total fat (2.5 g unsaturated, 0.5 g saturated) • 0 mg cholesterol • 41 g carbs • 4 g fiber
13 g total sugar (1 g natural, 12 g added) • 220 mg sodium

TASTY TWIST Amp up the nutrition and flavor by mixing fruit right into the batter. Half a cup of chopped fruit is only 40 extra calories and provides an additional 2 grams of fiber. Also, try my simple trick: Nuke frozen fruit in the microwave, then pour the fruit and all the natural juices over the finished pancake as I've done in this picture. Tastes amazing . . . and no added sugar. Two more 40-calorie add-ons: ½ cup nonfat or low-fat yogurt or 1 teaspoon drizzle of maple syrup.

