



PANCAKES

	Ingredients	Exchanges
Protein	4 gm Bob's Red Mill® soy flour	1.3 (+0.65 gm fat)
	23.5 gm plain cream cheese	1.2 (-7.2 gm fat)
	20.6 gm raw egg white	1.2 (+1.2 gm fat)
Fat	15 gm butter	3
	9.7 gm mayonnaise	3 (-5.35 gm)
Carbohydrate	Choice of carbohydrate	
Other	Walden Farms® pancake syrup for topping	

Recipe developed by Joanna Hanson

DIRECTIONS

- Mix the soy flour, cream cheese, and mayonnaise until smooth.
- Using an electric hand mixer, whip egg whites until they form stiff peaks.
- Gently mix the whipped egg whites into the batter.
- Grease a pan with non-stick cooking spray and warm over low heat.
- Pour the batter onto the pan to either make multiple small pancakes or one large.
- Cover the pan with a lid.
- Cook for approximately 10 minutes until the edges are slightly browned, then flip.
- After you flip, keep the pan covered. Cook until the bottom is golden brown.
- Remove from pan and place on a serving plate.
- Top pancakes with the butter and serve with your choice of carbohydrate.

VARIATIONS

- Carbohydrates such as fresh strawberries, blueberries, banana, or sugar-free chocolate chips can be added to the batter or served on top.
- Da Vinci Gourmet® sugar-free pancake syrup could also be used.
- Dry seasonings such as ground cinnamon and nutmeg can be added to this recipe for additional flavor.
- This recipe can be frozen in an airtight storage bag for up to two months.