

# Week Seven

*FIRE UP FOR FALL FITNESS*



## 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 C	Fresh cranberries	1/2 tsp	Baking powder
1/4 C	All-purpose flour	1/8 tsp	Salt
2 Tbsp+2 tsp	Whole-wheat flour	1/8 tsp	Ground Nutmeg
1 Tbsp	Yellow cornmeal	6 Tbsp	Nonfat milk
1 Tbsp	Sugar	2 Tbsp	Pasteurized egg substitute
		1 1/2 tsp	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 in a large bowl.
3. Whisk milk, egg substitute, and oil 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 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.



### Each serving provides:

Calories: 189	Total fat: 4 g
Saturated Fat: 0 g	Carbohydrate: 34 g
Protein: 6 g	Fiber: 3 g
Sodium: 336 mg	Cholesterol: 1 mg
Potassium: 185 mg	