

Greek Yogurt Pancakes

Ingredients:

- 6 ounces of Greek yogurt (plain or flavored* – keep in mind flavored usually adds extra calories and sugar)
- 1 large egg (or 2 large egg whites)
- ½ cup All-Purpose flour (optional: whole wheat flour)
- 1 tsp baking soda
- ½ cup fresh fruit (blueberries, bananas, strawberries, etc...)

Directions:

1. Mix yogurt and egg in a medium bowl until blended and smooth. Add flour and baking soda and stir until the dry ingredients are mixed in. The batter will be thick.
2. Preheat a griddle or large pan to medium heat. Spray with nonstick spray. Use an ice cream scoop or ¼ cup measuring cup to scoop the batter into the pan. Spread each of the batter scoops into an even circle and dot fresh fruit on top of each pancake. Cook for about 3 minutes or until golden brown, then flip and cook the other side for about 2 minutes, until golden brown. Repeat with the remaining batter. Enjoy!

Yields: Five 4-inch pancakes

Nutrition per servings: Calories 91; Fat .2g; Sugar 3g; Protein 7g; Carbohydrates 16g