

One Recipe: Two Cakes

Slightly varying a recipe makes significant caloric differences.

Neither version of the following recipe can be considered high calorie, but by using non-fat yogurt, halving the flour, reducing oil and using a smaller egg you get a pancake with almost half the total calories, while still being sufficiently filling, nutritious, and perhaps more delicious.

The Light Cake version is more fragile on the flip, but more moist than the Full Cake. Vary quantities of other ingredients to suit your taste. I like to add a scattering of raisins to the batter or blueberries if I have them.



FOOD BANK OF SIOUXLAND

1313 11th Street
P.O. Box 985
Sioux City, IA 51102

Phone: 712-255-9741
Fax: 712-255-3116

E-mail: www.siouxlandfoodbank.org

FOOD BANK OF SIOUXLAND

Pancakes: Gourmet Two Way



NUTRITION INFORMATION FOR THE 21ST CENTURY

Tel: 712-255-9741

Gourmet Pancake

Full Gourmet Pancake (459 calories)

½ Cup flour (225.5 calories)
¼ C plain yogurt (42.5 calories, 2.25g protein, 3.5g carb, 2g fat)
¼ C water
1 large egg (71 calories)
1 tbsp. canola or olive oil (120 calories)
¼ tsp. baking soda
¼ tsp. salt
Mix all ingredients and pour onto hot griddle; flip.
Makes one 8 inch cake.

Light Gourmet Pancake (240 calories)

¼ C flour (112.5 calories)
¼ C non-fat plain yogurt (25 calories, 2.75g protein, 3.75g carbs, 0g fat)
¼ C water
1 medium egg (62.9 calories)
1 tsp. canola or olive oil (40 calories)
¼ tsp. baking soda
¼ tsp. salt
Mix all ingredients and pour onto hot griddle; flip carefully.
Makes one 8 inch cake.

The use of non-fat yogurt increases protein and carbohydrates while reducing calories and fat.

This is a single serving recipe that is easy to double, triple, etc.

Good luck and enjoy!

Don't forget the condiments:

Honey 63.8 calories per tbsp.
Table syrup 47 cal. per tbsp.
Jams, preserves 55.9 cal. per tbsp.
Maple syrup 52.2 cal. per tbsp.
Marmalade 49.2 cal. per tbsp.
Banana 105 cal. per 1 medium
Peanut Butter 100 cal. per tbsp.
Raisins 28 cal. per tbsp.
Butter 100 cal. per tbsp.



Fruit and cakes...mmmmmm.