



## Chocolate Chip Pancake Poppers



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1/6th of recipe (4 poppers): 130 calories, 3.5g total fat (1.5g sat fat), 300mg sodium, 19.5g carbs, 2g fiber, 3g sugars, 3.5g protein

Freestyle™ [SmartPoints®](#) value 4\*

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**Prep:** 10 minutes    **Cook:** 15 minutes

Tagged: [Dessert Recipes](#), [Meatless Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

1/2 cup whole-wheat flour  
1/2 cup all-purpose flour  
3 packets no-calorie sweetener (like Truvia)  
1 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. cinnamon  
1/4 tsp. salt  
2 tbsp. light whipped butter or light buttery spread  
3/4 cup unsweetened vanilla almond milk  
1/4 cup egg whites (about 2 large) or fat-free liquid egg substitute  
2 1/2 tsp. vanilla extract  
2 tbsp. mini (or chopped) semi-sweet chocolate chips  
Optional topping: sugar-free or lite pancake syrup

### Directions

Preheat oven to 350 degrees. Spray a 24-cup mini muffin pan with nonstick spray.

In a large bowl, combine both types of flour, sweetener, baking powder, baking soda, cinnamon, and salt. Mix well.

In a medium microwave-safe bowl, microwave butter for 15 seconds, or until melted.

Add all remaining ingredients *except* chocolate chips to the bowl of melted butter. Mix until smooth and uniform.

Add mixture in the medium bowl to the large bowl. Mix until uniform.

Evenly distribute batter into the cups of the muffin pan, and smooth out the tops.

Sprinkle with chocolate chips, and lightly press to adhere.

Bake until a toothpick inserted into the center of a popper comes out clean, 10 - 12 minutes.

MAKES 6 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.