



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

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



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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

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