



Cozy Cornbread Pancakes



1/2 of recipe (2 pancakes): 171 calories, 4g total fat (0.5g sat. fat), 529mg sodium, 30.5g carbs, 3.5g fiber, 1g sugars, 4g protein

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



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Ingredients

1/3 cup yellow cornmeal
3 tbsp. whole-wheat flour
2 packets no-calorie sweetener (like Truvia)
1 1/2 tsp. baking powder
Dash salt
1 tbsp. light whipped butter or light buttery spread
1/2 cup unsweetened vanilla almond milk
1/4 tsp. vanilla extract
1/4 cup frozen sweet corn kernels
Optional topping: lite or sugar-free pancake syrup

Directions

In a medium bowl, combine cornmeal, flour, sweetener, baking powder, and salt.

Place butter in a microwave-safe medium bowl. Microwave for 10 seconds, or until melted.

Add almond milk and vanilla extract to the melted butter. Stir until uniform.

Add butter/milk mixture to the cornmeal mixture, and mix until uniform. Gently fold in corn kernels.

Bring a large skillet sprayed with nonstick spray to medium heat. Add half of the batter to form two medium pancakes (about 1/4 cup each). Cook until pancakes begin to bubble and are solid enough to flip, 3 - 4 minutes.

Very gently flip (they're fragile), and cook until both sides are lightly browned and the inside is cooked through, about 2 minutes.

Plate your pancakes. Remove skillet from heat, re-spray, and return to medium heat. Repeat with remaining batter to make 2 more pancakes. (Keep an eye on 'em... They'll likely cook faster than the first batch.)

MAKES 2 SERVINGS

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