



## 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

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

### 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**

[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.