



Make-Ahead Pancake Bread



1/8th of recipe (1 slice): 157 calories, 3g total fat (0.5g sat. fat), 310mg sodium, 29g carbs, 2.5g fiber, 2g sugars, 5.5g protein

Prep: 10 minutes **Cook:** 50 minutes



Ingredients

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 2 tbsp. Truvia spoonable no-calorie sweetener
- 1 1/2 tsp. cinnamon
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/4 cup light whipped butter or light buttery spread
- 1 cup unsweetened vanilla almond milk
- 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. lite pancake syrup, or more for topping
- 2 tsp. maple extract

Directions

Preheat oven to 350 degrees. Spray a loaf pan with nonstick spray.

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

Place butter in a medium-large microwave safe bowl. Microwave for 20 seconds, or until melted. Add remaining ingredients, and mix until uniform.

Add mixture in the medium-large bowl to the large bowl, and mix until smooth and uniform.

Transfer to the baking pan, and smooth out the surface. Bake until light golden brown and cooked through, about 50 minutes.

MAKES 8 SERVINGS

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