



PB & Chocolate Blender Pancakes



1/2 of recipe (2 pancakes): 271 calories, 6g total fat (2.5g sat fat), 515mg sodium, 40.5g carbs, 7.5g fiber, 11.5g sugars, 15.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/2 cup unsweetened applesauce
1/2 cup oat bran
2 tbsp. whole-wheat flour
2 tbsp. powdered peanut butter
2 packets no-calorie sweetener (like Truvia)
1 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. vanilla extract
1/8 tsp. salt
1 1/2 tbsp. mini semi-sweet chocolate chips

Directions

Add all ingredients *except* chocolate chips to a blender, and blend until smooth.

Stir in chocolate chips.

Bring a skillet sprayed with nonstick spray to medium heat. Add 1/4th of the batter (about 1/4 cup) to form a large pancake. Cook until it begins to bubble and is solid enough to flip, 1 - 2 minutes.

Gently flip, and cook until both sides are lightly browned and the inside is cooked through, about 1 minute.

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

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.