



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

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



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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

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