

McDougall Made Easy Recipes

For more ideas and recipes go to the "McDougall Made Easy DVD" section on our web site: www.drmcDougall.com.

Lesson 3: Fluffy Pancakes

These are easier to make than you would believe, and everyone loves them! These are wonderful served with a little maple syrup or applesauce.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: makes 10-12 pancakes

1 ½ cups white whole wheat flour
2 teaspoons baking powder
dash salt
1 cup mashed ripe bananas
1 tablespoon egg replacer mixed in ¼ cup warm water
1 tablespoon lemon juice
1 tablespoon Wonderslim fat replacer
1 cup soy or rice milk
½ cup sparkling water
1/3 cup fresh blueberries (optional)

Mix the flour, baking powder and salt together in a bowl. Place the bananas in another bowl and mash well. (This is about 2 ½ bananas.) Mix the egg replacer and water and beat until frothy. Add to bananas and mix well. Stir in the Wonderslim fat replacer, the lemon juice, the soy or rice milk, the sparkling water and mix again. Pour into the dry ingredients and stir to mix. Stir in the blueberries. Do not over-beat.

Heat a non-stick griddle over medium heat. Pour mixture by ¼ cup measure onto the dry, heated griddle. Flip and turn over when bubbles start to appear on the surface. Cook until brown on both sides. Repeat until all mixture has been used.

RECIPE HINT: When I use Egg Replacer I usually whisk the mixture ahead of time (by 5 minutes or so) and let it sit on the counter until I need it in the recipe. The blueberries are an option in this recipe, but when fresh blueberries are in season they really make these pancakes a special treat! The addition of the sparkling water makes a delicious, light pancake that rises as it cooks. If you make the batter ahead of time, you may need to add a bit more of the soy or rice milk to thin it out slightly before pouring onto the griddle. These may be refrigerated or frozen, and heated in the microwave or oven at a later time. We also like them cold as a snack.