



Delightful Food Ideas

A Pancake Breakfast To Flip Over

(NAPSA)—Breakfast is the most important meal of the day, but not all breakfast foods are created equal. Smart ingredient substitutions can make a profound impact on your meal's nutritional value. If you're looking for a pancake dish to flip over, here's one made of healthy whole grains and a delicious fruit topping that includes a zero-calorie sweetener.

WHOLE WHEAT PANCAKES (16 pancakes)

- 1 $\frac{3}{4}$ cups whole wheat flour**
- $\frac{1}{4}$ cup all-purpose flour**
- 2 teaspoons baking powder**
- $\frac{3}{4}$ teaspoon Sweet'N Low® zero-calorie sweetener**
- $\frac{1}{2}$ teaspoon baking soda**
- $\frac{1}{2}$ teaspoon salt**
- 2 cups buttermilk**
- 2 tablespoons canola oil**
- 1 egg**

Use a nonstick griddle or spray griddle with nonstick cooking spray; preheat over medium heat.

In large bowl, combine whole wheat flour, all-purpose flour, baking powder, Sweet'N Low® zero-calorie sweetener, baking soda and salt.

In medium bowl, combine buttermilk, oil and egg, blending well. Add buttermilk mixture to flour mixture, stirring to combine. Batter will be thick but airy.

Pour by scant $\frac{1}{4}$ cupful onto hot griddle and cook until edges appear slightly dry. Turn pancakes over and continue cooking until bottom is lightly browned and pancakes are done. Serve with fruit topping if desired.



Foods rich in fiber, such as these whole wheat pancakes, may reduce the risk of coronary heart disease and help with weight management.

FRUIT TOPPING

- 1 teaspoon Sweet'N Low® zero-calorie sweetener (or 3 packets)**
- 1 (8-oz.) fat-free container plain yogurt**
- $\frac{3}{4}$ cup chopped fresh strawberries**
- 1 can (8 oz.) crushed pineapple, in own juice, well drained (or $\frac{3}{4}$ cup chopped fresh)**
- 2 tablespoons toasted unsweetened coconut**

In medium bowl, blend Sweet'N Low® zero-calorie sweetener into yogurt; stir in remaining ingredients. Chill until ready to serve over Whole Wheat Pancakes. Makes 2 cups.

Per Serving (1 pancake with 2 tablespoons of topping): 100 calories, 15 g carbohydrates, 4 g protein, 3 g fat, 1 g saturated fat, 15 mg cholesterol, 210 mg sodium, 2 g dietary fiber.

To view the entire Healthy Whole Grain recipe card set, visit www.sweetnlow.com/recipes.html.