One Recipe: Two Cakes

Slightly varying a recipe makes significant caloric differences.

Neither version of the following recipe can be considered high calorie, but by using non-fat yogurt, halving the flour, reducing oil and using a smaller egg you get a pancake with almost half the total calories, while still being sufficiently filling, nutritious, and perhaps more delicious.

The Light Cake version is more fragile on the flip, but more moist than the Full Cake. Vary quantities of other ingredients to suit your taste. I like to add a scattering of raisins to the batter or blueberries if I have them.
**Gourmet Pancake**

<table>
<thead>
<tr>
<th>Full Gourmet Pancake</th>
<th>Light Gourmet Pancake</th>
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<td><strong>(459 calories)</strong></td>
<td><strong>(240 calories)</strong></td>
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- ½ Cup flour (225.5 calories)
- ¼ C plain yogurt (42.5 calories, 2.25g protein, 3.5g carb, 2g fat)
- ¼ C water
- 1 large egg (71 calories)
- 1 tbsp. canola or olive oil (120 calories)
- ¼ tsp. baking soda
- ¼ tsp. salt

Mix all ingredients and pour onto hot griddle; flip.
Makes one 8 inch cake.

- ¼ C flour (112.5 calories)
- ¼ C non-fat plain yogurt (25 calories, 2.75g protein, 3.75g carbs, 0g fat)
- ¼ C water
- 1 medium egg (62.9 calories)
- 1 tsp. canola or olive oil (40 calories)
- ¼ tsp. baking soda
- ¼ tsp. salt

Mix all ingredients and pour onto hot griddle; flip carefully.
Makes one 8 inch cake.

The use of non-fat yogurt increases protein and carbohydrates while reducing calories and fat.

Don’t forget the condiments:

- Honey 63.8 calories per tbsp.
- Table syrup 47 cal. per tbsp.
- Jams, preserves 55.9 cal. per tbsp.
- Maple syrup 52.2 cal. per tbsp.
- Marmalade 49.2 cal. per tbsp.
- Banana 105 cal. per 1 medium
- Peanut Butter 100 cal. per tbsp.
- Raisins 28 cal. per tbsp.
- Butter 100 cal. per tbsp.

This is a single serving recipe that is easy to double, triple, etc.

Good luck and enjoy!