

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Holiday Indulgences

Redefine 'indulgence' and put it to work for your best holiday!

Most of us grew up with holiday food indulgences and they can bring meaning to our holiday celebrations. Unfortunately, now that you've had or are preparing to have weight loss surgery, there's no place for sugary, fatty treats. What if instead of giving up on holiday indulgences, you find better ways to prepare your favorite foods, find delicious substitutes or even redefine indulgences to no longer include foods? With a little effort and a slight shift in your thinking, you may be able to find new healthy holiday favorites that leave you feeling satisfied while maintaining health priorities.

As you prepare for a healthy holiday season keep in mind that you are in control. Well-meaning family members, co-workers, spouses and children are not in control of what you eat or what you do. Avoid obligatory eating, you know, eating because someone made it for you, gave it to you; you paid a lot for it, it was free, or it was on your plate. If you can't say no, then ask to take a small portion home. You will want to consider potential trouble spots ahead of time so you're prepared and set for smooth sailing.

Keep up your healthy eating schedule and exercise habits as much as possible. It's so much easier to stay on track than it is to get back on track after slacking off.

GRATITUDE
can transform common days
into thanksgivings,
turn routine jobs into joy,
and change ordinary
opportunities into blessings.
William Arthur Ward

Learn to redefine indulgence by taking the focus off food and instead indulging in activities that leave you feeling relaxed and replenished. Minimize those that zap your energy, especially at this busy time of year. Everyone has a different idea about what makes him or her feel relaxed, but you may want to consider these:

- Practice yoga
- Try a new online guided visualization exercise
- Enjoy quiet moments before the rest of the household stirs
- Sit before a roaring fire or lit candles
- Take brisk walks or slow strolls through nature
- Get a massage, manicure, or pedicure
- Create fun times with friends and families



- Free up time by shopping online vs. in-store
- Simplify food prep and gatherings
- Sit back and truly enjoy friends and family
- Pause to enjoy the snow on the trees, the clear starlit sky, beautiful decorations, or a child dressed in their holiday best
- Turn off the news and find a relaxing book to read
- Take a candlelit bubble bath
- Listen to awesome holiday music

Indulge by finding new ways to prepare favorite holiday treats. Try the Choose recipes from our newsletter or search and test your own alternative recipes on the following pages.

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Continued from page 1

INSTEAD OF	CHOOSE
Pumpkin Pie	No-added-sugar pumpkin pie, pumpkin mousse, layered pumpkin cheesecake, pumpkin roll or pumpkin dip
Fruit Pie	No-added-sugar fruit pie, light apple crisp, blueberry cheesecake bars, cherry cobbler
Egg Nog	No-added-sugar egg nog, egg nog protein drink
Fudge, Brownies	Fudge (no-added-sugar), best brownies, chocolate peanut butter cheesecake cups
Frosted Sugar Cookies	Frosted (non) sugar cookies
Hot Cider	Sugar-free Russian tea
Pumpkin Spiced Latte	Pumpkin pie spiced coffee
Breakfast Casserole	Crustless quiche
Pancakes	High-protein almond pancakes
Sweet Potato Casserole	Sweet potato casserole (no-added-sugar)
Cheesy Potatoes	Cheesy potatoes (lower fat)

Recipes

Fudge

5 tablespoons chocolate whey protein powder
 2 tablespoons unsweetened cocoa powder
 1/3 cup of soft butter
 1 teaspoons vanilla
 2 tablespoons canola oil
 3/4 cup Splenda
 3/4 cup chopped macadamia nuts

Combine first 6 ingredients with a hand mixer until well mixed. Stir in nuts.

Butter a plate and place fudge in center. Flatten with the bottom of a glass until about 1/4" thick. Place in freezer for 10 minutes, cut and serve. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 143 calories, 3 grams protein, 15 grams fat, 2 grams carbohydrate, 43 mg sodium.

Cherry Cobbler

1 cup self-rising flour
 1/2 cup Splenda®
 1 teaspoon cinnamon
 1 teaspoon vanilla
 1 cup skim milk
 1/2 cup margarine, melted
 1 can no-added-sugar cherry pie filling
 2 cups Lite Cool Whip®

In a mixing bowl, combine flour, Splenda, and cinnamon. Add skim milk and stir until blended. Pour melted margarine into a casserole dish and pour flour mixture over margarine. Pour pie filling over the top of flour mixture and bake in a 350 degree oven for one hour. Let stand for ten minutes and serve while warm. Serve with a generous dollop of Lite Cool Whip. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 196 calories, 4 grams protein, 9 grams fat, 24 grams carbohydrate, 335 mg sodium.

No-Added-Sugar Pumpkin Pie

4 oz. light cream cheese, softened
 1 tbsp. skim milk
 3 pkts. Splenda sweetener
 1 1/2 cups Cool Whip Lite
 1 prepared 9" graham cracker pie crust
 1 cup skim milk, cold
 16 oz. canned pumpkin
 2 pkgs. vanilla instant pudding, no-added-sugar (4 serving size)
 1 tsp. cinnamon, ground
 1/2 tsp. ginger, ground
 1/4 tsp. cloves, ground

Mix cream cheese, 1 tbsp. milk and 3 pkts. Splenda in a large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

Pour 1 cup of cold milk into large bowl. Add pumpkin, pudding mixes and spices. Beat with wire whisk until well mixed. Mixture will be thick. Spread over cream cheese layer. Refrigerate 4 hours or until set. Garnish with additional whipped topping, if desired. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: calories 218; protein 5 grams; fat 8 grams; sodium 367 mg

Get Rewarded!

*This month, you could earn a **SPECIAL GIFT** for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry — make sure your recipes follow Barix nutritional guidelines. **Tips must be submitted by November 30, 2016.** Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.*

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Reconstructive SURGERY

To receive a free **Reconstructive Surgery Guide**, call **800-282-0066** or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, and Pennsylvania. **Call us today for more information!**

Share Your SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online
www.barixclinicsstore.com/share_your_story.html

We'd love to hear from you!

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative
800-282-0066

Recipes

Pumpkin Roll

1 cup almond meal
1 tsp baking powder
2 tsp cinnamon
1 tsp ginger
½ tsp nutmeg
½ tsp allspice
¼ tsp salt
1 ½ tsp unflavored gelatin powder
¾ cup Splenda
1 cup canned pumpkin
4 eggs
¼ cup canola oil
½ cup water
1 8 oz pkg light cream cheese, softened
1 tsp vanilla
¼ cup sugar-free maple syrup

Preheat oven to 375° F. Prepare pan – spray a 10X15 inch jelly roll pan with non-stick spray, line with parchment paper, spray the top of the parchment paper.

Mix dry ingredients well. Add pumpkin, eggs, oil and water and beat for 2-3 minutes. Pour into prepared pan. Reduce oven heat to 350° F. Bake for about 15-18 minutes, until toothpick comes out clean. Do not over bake.

Cool in pan for about 5 minutes. Then, cover the pan with a clean dish towel and flip over. Carefully peel off the parchment paper. Then roll the cake up in the dish towel, starting with a long side (so the cake will be long and thin). Let cool for 10-15 minutes.

Mix the cream cheese, vanilla, and syrup together. Unroll cake. Don't force it to flatten completely. Spread filling on cake and roll the cake back up. Cool completely in refrigerator before serving. Slice into 15 slices and serve.

NUTRITION INFORMATION PER SERVING: 130 calories, 4 grams protein, 10 grams fat, 6 grams carbohydrate, 207 mg sodium.

Apple Pie

1 prepared double pie crust
7 cups baking apples, cored, peeled and sliced thin
1 cup Splenda®
3 tablespoons cornstarch
¾ teaspoons cinnamon
¼ teaspoon nutmeg
1/8 teaspoon salt

Preheat oven to 425° F. Place one crust in a 9-inch pie pan. Place sliced apples in a large mixing bowl and set aside. Combine Splenda, cornstarch, cinnamon, nutmeg and salt in a small bowl. Sprinkle mixture over apples and toss. Spoon apple mixture into pie crust. Place the second pie crust over the filling. Seal edges, trim and flute. Make small openings in the top crust. Bake for 40-50 minutes or until the top crust is golden. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 304 calories, 3 grams protein, 15 grams fat, 40 grams carbohydrate, 270 mg sodium.

Pumpkin Dip

¾ cup (6 ounces) 1/3-less-fat cream cheese, softened
¼ cup Splenda
½ cup canned pumpkin
1 tablespoon sugar-free maple syrup
½ teaspoon ground cinnamon

Combine all ingredients in a medium bowl or blender and mix until smooth. Cover and chill 30 minutes before serving. Serve the dip with peeled apple slices, banana slices, or cinnamon pita chips. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 40 calories, 1 gram protein, 3 grams fat, 2 grams carbohydrate, 63 mg sodium.

Recipes

Light Apple Crisp

- 4 cups apple slices
- 1 cup apple juice, 100%
- 1 Tbsp cinnamon, ground
- 1 cup Splenda
- 2 cups oatmeal

Mix together apple juice, cinnamon, 1/2 cup Splenda. Soak apple slices in this mixture for 20 minutes. Cook oatmeal as directed on package. Stir in 1/2 cup Splenda to cooked oatmeal and set aside. Place apple mixture in the bottom of a baking dish, top with oatmeal. Bake for 20 minutes at 350 degrees F or until oatmeal is crisp. Makes 12 servings.

NUTRITIONAL INFORMATION PER

SERVING: 83 calories, 2 grams protein, 1 gram fat, 20 grams carbohydrate.

Pumpkin Mousse

- 1 pkg. instant vanilla pudding, sugar-free (6 serving size)
- 3 cups skim milk
- 1/2 cup pumpkin, solid packed
- 1 tsp. pumpkin pie spice
- 1/2 cup Cool Whip Lite®
- 1 cup plain yogurt
- 1 tsp. vanilla extract

Mix pudding and skim milk with wire whisk or mixer for 2 minutes. Fold in remaining ingredients. Spoon into cups or stemmed glasses. Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite. Makes six servings.

NUTRITIONAL INFORMATION PER

SERVING: 106 calories, 7 grams protein, 1 gram fat and 207 mg sodium.



Best Brownies

- 1/4 lb butter (1 stick)
- 2 cups erythritol (powdered, not granulated)
- 1 Tbsp vanilla
- 4 eggs (room temp is best)
- 1/2 cup cocoa
- 1 tsp salt
- 4 oz unsweetened chocolate, melted
- 2 cups flax seed meal
- 1 Tbsp baking powder
- 1/3 cup cream
- 2/3 cup water
- 1 cup Splenda or Stevia
- 1 cup walnuts, chopped

Preheat oven to 350 F and grease a 9X13 pan.

Cream the butter until fluffy. Add powdered erythritol and cream them together until fully combined with a fluffy texture. Add vanilla. Beat eggs into the mixture, one at a time. Add salt and cocoa, beat well. Add chocolate, beat until fluffy. Add the rest of the ingredients and mix well to combine.

Pour mixture into a pan and bake for 35 to 40 minutes until top springs back or a toothpick comes out clean. Cool. Cut into 32 squares. Makes 32 servings.

NUTRITION INFORMATION PER

SERVING: 120 calories, 4 grams protein, 11 grams fat, 6 grams carbohydrate, 107 mg sodium.

Chocolate Peanut Butter Cheesecake Cups

- 24 mini-sized foil baking cups
- 36 sugar-free chocolate wafers
- 2 1/2 cups Splenda, divided
- 5 tbsps light butter melted
- 3 tbsps reduced-fat peanut butter
- 4 oz unsweetened chocolate
- 8 oz + 3 tbsps cream cheese, low-fat
- 1/2 cup skim milk
- 1/2 cup egg substitute
- 1 teaspoon vanilla

Preheat oven to 350 degrees F. Make crust by crushing cookies into fine crumbs and mixing well with 1/4 cup Splenda and melted butter. Set aside.

Make peanut filling by mixing together 1/2 cup Splenda, 3 tbsps reduced-fat peanut butter and 3 tbsps reduced-fat cream cheese. Set aside.

Make chocolate filling by melting chocolate in small sauce pan over low heat. Set aside. Blend cream cheese and Splenda in a small mixing bowl. Slowly add milk. Use a wire whisk to mix until smooth. Add melted chocolate. Stir well. Add egg substitute and vanilla. Mix well until blended. Set aside.

Assemble cups by placing 24 mini-sized foil baking cups on a sheet pan. Divide crust between the 24 cups and firmly press into the bottom of the cups. Place 1/2 teaspoon of the peanut butter center in the middle of each crust-lined baking cup. Spoon chocolate filling into each baking cup. Tap sheet pan on countertop to remove air bubbles. Bake at 350 degrees for 10-15 minutes until slightly firm to the touch. Chill for 2 hours before serving. Makes 24 servings.

NUTRITIONAL INFORMATION PER

SERVING: 111 calories; 3 grams protein, 8 grams fat, 9 grams carbohydrate, and 97 mg sodium.

Recipes

Blueberry Cheesecake Bars

- ¼ cup graham cracker crumbs
- ¼ cup Splenda
- 1/3 cup light margarine, melted
- 12 oz cream cheese, light, softened
- 2/3 cup Splenda
- ½ cup egg substitute
- 1/3 cup sour cream, fat free
- 2 teaspoons vanilla extract
- ¾ cup fresh or frozen blueberries
- ¼ cup apricot preserves, no-added-sugar
- 1 tablespoon water

Preheat oven to 350 degrees F. Mix together graham cracker crumbs, ¼ cup Splenda and butter. Spray an eight-inch square pan with non-stick cooking spray and press mixture evenly in the bottom. Bake 5 minutes and set aside.

Beat cream cheese at medium speed with an electric mixer until smooth. Gradually add Splenda, beating until blended. Add egg substitute and mix well. Add sour cream and vanilla, mix just until blended. Gently stir in blueberries.

Pour mixture into prepared pan. Bake for 30 to 35 minutes, or until firm. Remove from oven and cool on a wire rack for 30 minutes. Cover and chill 2 hours.

Topping Directions: Combine apricot preserves and water in a small saucepan. Cook over medium heat, stirring constantly until jam melts. Spread over filling; cut into bars. Makes 20 servings.

NUTRITION INFORMATION PER SERVING: 71 calories, 3 grams protein, 4 grams fat, 5 grams carbohydrate, 48 mg sodium.



Eggnog

- 5 cups fat-free FairLife milk
- 1 4-serving box vanilla instant pudding, sugar-free
- 1 tsp. vanilla or rum extract
- 1/2 tsp. ground nutmeg
- Extra Creamy Reddi-wip Cinnamon

Combine milk, pudding mix, sweetener, extract, and nutmeg in blender. Blend on high speed until smooth. Pour into glasses. Cover and refrigerate until thickened—about 30 minutes. Top with 2 Tbsp whipped topping and a sprinkle of cinnamon. Makes 5 servings.

NUTRITION INFORMATION PER SERVING: 125 calories, 13 grams protein, 1 gram fat, 12 grams carbohydrate, 360 mg sodium.

Pumpkin Pie Spiced Coffee

- ¾ cup brewed coffee
- 2 tablespoons skim milk
- 1/8 teaspoon pumpkin pie spice
- 1 packet Splenda®

Place all ingredients in cup and stir. Makes 1 serving.

NUTRITION INFORMATION PER SERVING: 15 calories, 1 gram protein, 0 grams fat, 3grams carbohydrate, 15 mg sodium.

Layered Pumpkin Cheesecake

- 2 packages (8 oz. each) light cream cheese, softened
- 1/2 cup Splenda
- 1/2 tsp. vanilla extract
- ½ cup egg substitute
- 1/2 cup canned pumpkin puree
- 1/2 tsp. ground cinnamon
- 1/2 tsp. apple pie spice
- 1 cup Cool Whip Light

Preheat oven to 325 F. In large bowl combine softened cream cheese, Splenda, and vanilla. Beat with electric mixer until smooth. Blend in egg substitute. Spray the bottom of a glass baking dish sparingly with non-stick spray and spread one cup of batter into the bottom.

Add pumpkin and spices to remaining batter and stir until blended. Carefully spread pumpkin layer over first layer. Bake for 35-45 minutes until center is almost set. Allow to cool and then chill for several hours or overnight. Serve with a dollop of Cool Whip Light. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 168 calories, 5 grams protein, 10 grams fat, 9 grams carbohydrate, 286 mg sodium.

Eggnog Protein Drink

- 5 cups fat-free FairLife milk
- 1 scoop Matrix 5.0, Simply Vanilla
- 1 cup of skim milk
- ¼ cup egg substitute
- 1 Tbsp Instant pudding, vanilla, sugar-free, dry
- ½ tsp. vanilla extract

Put all ingredients into blender. Blend on high for 45 seconds. Chill, and then stir prior to serving. Makes one serving.

NUTRITION INFORMATION PER SERVING: 183 calories; 27 grams protein; 2 grams fat; 197 mg sodium, 269 mg calcium.

Recipes

Sugarfree Russian Tea

- 4 1/2 teaspoons sugar-free orange drink mix
- 3 1/2 teaspoons sugar-free lemon drink mix
- 1/3 cup Splenda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

Combine all ingredients and mix well. Store in an airtight container. To prepare one serving, add 1/4 teaspoon of mix to 3/4 cup hot water and stir well. Makes 48 servings.

NUTRITION INFORMATION PER

SERVING: <1 calorie, 0 grams protein, 0 grams fat, 0 grams carbohydrate, 4 mg sodium.



Pumpkin Mousse

- 1 pkg. instant vanilla pudding, sugar-free (6 serving size)
- 3 cups skim milk
- 1/2 cup pumpkin, solid packed
- 1 tsp. pumpkin pie spice
- 1/2 cup Cool Whip Lite®
- 1 cup plain yogurt
- 1 tsp. vanilla extract

Mix pudding and skim milk with wire whisk or mixer for 2 minutes. Fold in remaining ingredients. Spoon into cups or stemmed glasses. Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite. Makes six servings.

NUTRITIONAL INFORMATION PER

SERVING: 106 calories, 7 grams protein, 1 gram fat and 207 mg sodium.



Crustless Quiche

- 2 tablespoons olive oil
- 1/2 small onion, diced
- 2 cups mushrooms, sliced
- 2 cloves garlic, minced
- 1/2 red pepper, diced
- 2 cups fresh spinach, chopped
- 4 large eggs
- 1 cup fat-free half & half
- 1/2 teaspoon nutmeg
- Salt (to taste)
- Fresh ground pepper (to taste)

Preheat oven to 375 degrees F. Grease a 9-inch pie dish with cooking spray and set aside. Cook onions in olive oil over medium heat until slightly translucent, about 2-3 minutes. Stir in mushrooms, season with salt and pepper, and cook until their liquid has fully evaporated, 8-10 minutes, stirring occasionally. Add garlic and red pepper, and cook for 3 more minutes. Stir in spinach and continue to cook for 2 minutes. Remove pan from heat and set aside.

In a medium bowl, whisk eggs until light and fluffy. Whisk in the half and half, nutmeg, salt, and pepper. Add the cooked vegetables to the pie dish. Top with egg mixture.

Bake 30-35 minutes, until edges are light golden brown. Makes 6 servings.

NUTRITION PER SERVING:

193 calories, 10 grams protein, 12 grams fat, 10 grams carbohydrate, 146 mg sodium.

Frosted (non) Sugar Cookies

- 1 cup butter, softened
- 1 cup Swerve or 3 tablespoons powdered stevia
- 1 teaspoon vanilla extract
- 1/2 teaspoon liquid vanilla stevia or cinnamon liquid stevia
- 2 eggs
- 2 1/2 cups whole wheat pastry flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt

Preheat oven to 350 degrees. In a stand mixer combine butter, Swerve or powdered stevia, vanilla extract, vanilla stevia. Beat on medium speed for 3 minutes. Beat in eggs until well blended. Whisk together baking soda, baking powder and salt. Reduce mixer speed to low and gradually add flour.

Using a tablespoon, roll into balls and bake 10 minutes on a parchment-lined baking sheet. To make cut out shapes spread dough between two pieces of plastic wrap, roll to 1/4 inch thickness and use cookie cutters to shape. Bake on parchment-lined baking sheet for 10 minutes. Makes 48 cookies. Frost when cooled.

FROSTING

- 1/2 cup butter, room temperature
- 1 1/4 cup Confectioners Swerve or powdered erythritol
- 1 teaspoon vanilla extract
- 1/2- 1 teaspoon vanilla liquid stevia

Add all except liquid stevia to a medium-sized bowl and mix with mixer on high until smooth. Add 1/2 teaspoon of liquid stevia, mix, taste and add more until desired sweetness is reached.

NUTRITION INFORMATION PER

FROSTED COOKIE: 72 calories, 1 gram protein, 6 grams fat, 5 grams carbohydrate, 71 mg sodium.

Recipes

Cheesy Potatoes

- 2 medium russet baking potatoes (1 pound)
- 1/2 cup low-fat cheddar cheese, shredded
- 3 tbsp. low-fat buttermilk
- 1/4 cup green onion with top, finely chopped
- 1/2 cup fat-free cottage cheese
- 1/4 tsp. salt
- 1 clove garlic
- 1/8 tsp. black pepper, freshly ground paprika (optional)

Heat oven to 400°F. Scrub potatoes; prick in several places with a sharp knife. Bake until tender, about 50-60 minutes. Slice potatoes in half lengthwise. Scoop out pulp, leaving 1/4" shell. Combine potato pulp, cheese, buttermilk, green onion, cottage cheese, salt, garlic, and pepper. If desired, sprinkle with paprika. Place in baking pan and bake 20 minutes or until heated through.

Microwave: Scrub potatoes; prick in several places with sharp knife. Place on paper towel; cook on high power 9-10 minutes or until tender, turning potatoes over once. Prepare potatoes as in steps 2 and 3 above. Place in shallow microwave-safe dish and cook on high power 3-4 minutes or until heated through, rotating dish once. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: calories 153; protein 10 grams; fat 3 grams; sodium 367 mg.

If you are really thankful,
what do you do?

YOU SHARE.

W. Clement Stone



Sweet Potato Casserole

- 3 lbs sweet potatoes or yams
- 1 cup pecan pieces
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 5 tablespoons butter
- 1/4 cup egg substitute
- 1/2 cup Splenda

Poke sweet potatoes with a fork and bake at 400 F for 45-60 minutes until soft.

Place 3/4 cup of pecans in blender until ground into meal. Add 1/4 cup Splenda, 1 teaspoon cinnamon, a pinch of salt and 2 tablespoons of butter and blend until well mixed. Stir the remaining pecans in by hand.

Allow the sweet potatoes to cool for 10-15 minutes. Remove the skins and discard. Place sweet potatoes, 3 tablespoons of butter, remaining seasonings, egg and 1/4 cup Splenda in blender and mix until smooth.

Place sweet potato in casserole dish that has been sprayed with non-stick spray and sprinkle pecan topping over the top. Bake at 375 F. until the topping is browned. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 214 calories, 4 grams protein, 12 grams fat, 25 grams carbohydrate, 278 mg sodium.

Almond Pancakes with Banana Sauce

- 1 banana
- 6 ounces vanilla Dannon Triple Zero yogurt
- 3/4 cup whole wheat flour
- 3 scoops vanilla protein powder
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon sugar-free maple syrup
- 1/2 teaspoon almond extract
- 1 cup skim milk
- 1 tablespoon canola oil
- 3/4 cup sliced almonds

Mash the banana in a small bowl and mix in yogurt. Refrigerate until pancakes are done.

Stir together the flour, protein powder, baking powder, salt, egg, sugar-free maple syrup, and almond extract. Stir in the milk and oil. Add 1/4 cup of sliced almonds and stir.

Spray griddle with cooking spray and preheat to medium. Pour batter out to make 12 pancakes. Flip the pancakes when they begin to bubble and are golden brown on the bottom side. Cook until the other side is also golden brown. Top pancakes with banana cream sauce and sprinkle with remaining sliced almonds. Makes 12 pancakes.

NUTRITION INFORMATION PER PANCAKE: 139 calories, 12 grams protein, 6 grams fat, 13 grams carbohydrate, 219 mg sodium.

