

Strawberry Yogurt Pancakes with Coconut

“Light, fluffy, and easy to make, these pancakes can be served for breakfast during the week or for a special weekend brunch. They are especially good when topped with fresh sliced strawberries and a dollop of reduced-fat whipped cream”.

Difficulty level- easy Price-cheap

Makes 14 4-inch pancakes

INGREDIENTS :

- Cooking spray
- 2 cups prepared/complete low-fat pancake mix (buttermilk pancake mix works best)
- 1 1/3 cups water
- 1 (6 ounce) container nonfat strawberry yogurt
- 3 tablespoons Angel-flake coconut, sweetened

DIRECTIONS :

- Coat griddle with cooking spray and preheat to 375 degrees.
- In a large bowl, combine pancake mix and water. Stir with a wire whisk. (Batter will be lumpy; do not over-mix.)
- Add yogurt and coconut. Mix to blend.
- Pour about 1/4 cup batter per pancake onto preheated griddle.
- Cook pancakes 1 minute per side or until golden brown.

The Food and Mood Cookbook by Elizabeth Somer: page 15