



Healthdor

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Skinny Pancakes ♦

Skinny Pancakes are a delicious and healthy breakfast option. They are low in calories and fat, making them perfect for those looking to watch their weight. These pancakes are made with whole wheat flour and topped with fresh fruit for added flavor and nutrition. They are easy to make and can be enjoyed by the whole family.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Whole Wheat Flour
2 tsp	baking powder
1 tsp	salt
1 units	Egg
250 ml	skim milk

1 tsp	vanilla extract
2 tbsp	honey
100 g	fresh fruit (e.g. berries)

Directions

Step 1

In a large bowl, whisk together the whole wheat flour, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, whisk together the egg, skim milk, vanilla extract, and honey.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Heating

Heat a non-stick skillet over medium heat and lightly coat with cooking spray.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cooking

Pour 1/4 cup of batter onto the skillet for each pancake.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Cooking

Cook until bubbles form on the surface of the pancake, then flip and cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Cooking

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the pancakes topped with fresh fruit.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 2 g

Protein: 7 g

Carbohydrates: 36 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	36 g	65.45%	72%
Fibers	4 g	10.53%	16%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	35 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	14 mcg	25.45%	25.45%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Kitchen Tools

Grill

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)
Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet
Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet
Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet
Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet
16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet
Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet

Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet
Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet
The Acid Reflux Diet Gluten-Free Diet Low Glycemic Index Diet
Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet
The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet
The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet
The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet
The Lemonade Diet The Grapefruit Diet The Rice Diet
The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet
The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet
The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet
The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet
The Master Cleanse Diet The Subway Diet The SlimFast Diet
The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet
The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet
The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet
The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet
The Starch Solution Diet The Vertical Diet The GOLO Diet
The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet
The BRAT Diet (Bananas, Rice, Applesauce, Toast)
The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The SIBO (Small Intestinal Bacterial Overgrowth) Diet
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet

The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet

The Acne Diet The Migraine Diet The Celiac Disease Diet

The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet

The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet

The Ankylosing Spondylitis Diet

The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet

The Asthma Diet

The Sinusitis Diet

The Bronchiectasis Diet

The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Difficulty Level

Medium

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