

MANGO BERRY SMOOTHIE

SERVES 1 • 10 MIN.

Ingredients:

½ cup water
½ cup frozen mang
½ cup frozen raspberries
2 oz. tofu
1 teaspoon honey
1 tablespoon fax seed

Per Serving:

Calories: 305
Fat: 6g
Omega-3: 1844mg
Cholesterol: 0mg
Sodium: 14mg
Carbohydrates: 61g
Fiber: 9g
Sugar: 51g
Protein: 7g
Vitamin A: 15%
Vitamin C: 73%
Calcium: 25%
Iron: 24%
Magnesium: 10%
Zinc: 7%

Nutrition Notes:

Substitute enriched almond or soy milk in place of water to squeeze in even more nutrient-rich favor. If you really want to pack in the protein, opt for silken tofu. Even fat-free yogurts containing fruit can be very high in added sugar. Be sure to look for one with real fruit and be on guard for “light” yogurts, which often use artificial sweeteners.

Special Tools:

Blender

Preparation:

Whisk flour, flaxseed meal, walnuts, baking powder, baking soda, and salt in medium bowl to blend. Whisk buttermilk, ¼ cup maple syrup, and egg in another medium bowl. Add buttermilk mixture to dry ingredients and whisk just until incorporated. Add more buttermilk or water to get a thinner texture than normal pancakes. Put batter in a squeeze bottle.

Brush large nonstick skillet lightly with canola oil and heat over medium. Decide what shape or image you are going to create and start by squeezing out the outline in the heated pan. Let the outline cook until it darkens slightly. Fill in the blanks with the remaining batter and cook until bubbles appear on surface of pancakes and undersides are golden brown (about 2 minutes). Turn pancakes over and... VOILA! The image appears. Continue to cook other side until golden on bottom (about 2 minutes). Brush skillet lightly with vegetable oil as needed before adding each batch. Transfer pancakes to plates. Serve with additional maple syrup as desired.

