



## Trim Healthy Pancake & Waffle Mix

*Craving a pile of fluffy pancakes or waffles for breakfast? Trim Healthy living shouldn't mean pancake deprivation and it also shouldn't have to mean long times in the kitchen making them. Now all you have to do is add your liquids to this mix... put your batter on your griddle or in your waffle machine and the next thing you know... you have delightful, light, and scrumptious pancakes ready for all your toppings.*

### **Ingredients for 1 Single Serve (3 small/medium or 2 large pancakes or waffles)**

- Slightly rounded 1/3 cup TH Pancake/Waffle Mix
- 1 egg (for S version) or 1/4 cup liquid egg whites (for FP version)
- 1/4 – 1/3 cup unsweetened nut milk. Adjust liquid if needed for desired consistency.
- 2 tsp. melted butter or coconut oil (optional, for S version only)

### **Ingredients for Family Size Batch (roughly 5 servings)**

- 2 cups TH Pancake/Waffle Mix
- 4 eggs (for S version) or 1 1/4 cups liquid egg whites (for FP version)
- 1 1/2 – 1 2/3 cups unsweetened nut milk. Adjust liquid for desired consistency.
- 4 Tbs. melted butter or coconut oil (optional, for S version only)

### **DIRECTIONS:**

1. Turn on waffle maker to preheat or set non-stick griddle to medium if making pancakes.
2. Mix ingredients together until well combined. Adjust liquid if needed for desired consistency.
3. Spray waffle maker or non-stick griddle with olive oil spray or grease with butter if preferred.
4. For pancakes, divide batter into 3 pancakes for each serving and allow to get golden brown on one side before flipping.
5. For waffles, cook according to the waffle maker manufacturers' specifications.

This and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)