

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Delicious and Healthy Pancakes For Breakfast!

White Beans in Pancakes? SO Light and Fluffy - You Just Have to Try Them:

Perfect Pancakes

1 Cup Canned Cannellini Beans,
Drained and Rinsed Well
1/2 Cup Regular Oats
2 Eggs, *Room Temperature
1/3 Cup Honey
1/2 Cup Skim Milk
1/2 Cup Whole Wheat Flour
1 1/2 Tsp Baking Powder
1/2 Tsp Baking Soda
1/4 Tsp Table Salt

Step One In a blender or food processor, combine the oatmeal and beans. Process until combined. Add

the eggs, honey and milk and process again until well blended.

Step Two In another bowl, toss together the flour, baking powder, baking soda and salt. Add the bean mixture and stir with a fork until just blended - a few lumps are fine.

Step Three Preheat a non-stick griddle or skillet. Drop by 1/4 cup full onto pan preheated on medium high heat. Cook for about 2 minutes for the first side. It will be ready to flip when the edges are set, and bubbles appear. Turn and cook the second side for about 1 minute. When done, Perfect Pancakes may be "brownier" in color than other pancakes. Serve with your choice of syrup or honey.

2 Kitchen Smidgen

*Room Temperature Eggs are important when baking. They allow the fat in the egg to incorporate more easily into the batter. To take eggs from the frig to room temp quickly, place them in a bowl of warm water on the countertop for about 15 minutes before using.

3 Get Creative

Good News! You can make these pancakes ahead of time - They hold great in the frig. Just prepare, and let cool completely. Wrap in aluminum foil and place in the frig. When ready to serve, pop in a 350F oven for about 20-30 minutes to warm.

4 WINE of the Week

Freixenet Cordon Negro Brut
Spain

Publix, Kroger about \$9.00

Set the kids up with a big glass of OJ and pour the adults a mimosa with this inexpensive but flavorful sparkler. A super brunch wine for punch and mimosas, you'll enjoy the clean, fresh bubbly taste in your drink. Freixenet (fresh-eh-net), is a Cava: Spain's sparkling wine made with Macebeo, Xarel-lo and Parellada grapes. Grab a bottle if you are looking for a good fizzy wine to add to your favorite cocktail recipe.