

## How to Make Healthy Whole Wheat Pancakes Tasty

We've gotten into the habit of eating a more healthy breakfast when we cook a full meal breakfast on the weekends. We do include sometimes some lean meats, but primarily we're pancake people.

They are yummy when they are fresh off the pan and they can be enjoyed in so many ways. Pancakes are delicious for sure, but the problem for many of us is not the pancake itself but all the stuff we pile or pour all over them.

Healthy whole wheat pancakes that are drowned in a sugary substance such as corn syrup aren't really the best kind of breakfast, but without syrup, you have sometimes just a plain piece of bread. Tasty bread, granted, but not all that you really want for breakfast.

Why not add some flavor but not all the extra sugar and still get that syrupy taste that you love. Try putting a little syrup in the batter rather than all over the top. In addition, try using real butter. Frankly real butter has gotten a bad rap for a long time but recent health studies have proved it to be more flavorful and in most cases, you're going to use less because of that. In addition, given the trans fat that promotes a less healthy heart, we just tend to advocate more natural substances over artificial ones.

Adding flavor to our healthy whole wheat pancakes doesn't have to be a high calorie operation. There are lots of great ways to bring out flavor that will decrease our desire to pour sugary whatever all over the top of our steaming little pancake. The best place to start is with a yummy recipe that you can add to. By making the pancake taste better to begin with you will be able to enjoy them with a lot less calories after they are cooked.

A lonely stack of pancakes for most of us is not enough. The versatility of pancakes is because of the variety of toppings that taste so good. So if you are like me and just don't like eating pancakes plain regardless of how tasty they are try some lower sugar toppings. Freezer jams that are homemade are my favorite. They have much less sugar and they are soft and easy to spread. Another favorite of mine is a little fruit and yogurt. Peaches, pears and applesauce are a bit less in sugar than some of the other fruits you might consider.

Another great idea to change things up is to mix your batter a bit thinner so you can roll up your pancakes with a little fruit inside. Adding just a small scoop of whipped cream is also very delicious and not all that unhealthy for you. Making your pancakes look good is often just as important as keeping them healthy and tasty. My kids love the many designs they can make out of whole wheat pancakes, fruit and whipped cream on their plate.

Finding a meal that will get us and our kids to stop for a minute and enjoy healthy food isn't at all easy. Having a meal that is so quick and easy to make helps on a daily basis. Of course a well planned cooked meal on the weekend with all the creative ideas you have come up with will really help to get the family together or just help you to eat a little healthier.

### About the Author

There are many of great recipe ideas for eating a [healthy breakfast](#). Enjoying good healthy food with your family is necessary in achieving a healthy lifestyle. Sitting at the table with your family with a yummy plate of [whole wheat pancakes](#) will provide health and happiness. Go to [doctorgrandmas.com](http://doctorgrandmas.com) to get free recipe ideas for your healthy breakfast.

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