

DENISE'S SUGAR FREE HOE CAKES

Ingredients

- 2 cups cornmeal
- ½ cup flour
- ¼ cup egg substitute
- 1 ½ cups skim milk
- 2 envelopes Equal artificial sweetener

Directions:

1. Mix all the ingredients.
2. On a preheated griddle greased with spray oil, pour batter in 4 inch circles.
3. Brown on one side, about 3-4 minutes, then flip once and brown on the other side.
4. Serve warm with sliced fruit or no added sugar fruit spread.

Yields: 24 cakes

Calories: 50 each

Fat: 0 g

Protein: 2 g

Carbs: 11 g (1 g fiber)

Keep the calories down in this traditional southern treat by using spray oil instead of butter while cooking and avoiding the pat of butter on top.

To add some protein, top with peanut butter or scrambled egg whites.



RECIPES



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