



## Organic Batter Blaster: Too Good to Be Food?

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Batterblaster

Just when you thought having pancakes for breakfast were a thing left to lazy, snowy Sundays, [Organic Batter Blaster](#) has come up with a way to make [pancakes and waffles](#) a breakfast treat for those with even the busiest of schedules. With ready-to-cook batter contained in a whipped-cream like can, all you need to do is "blast" the mixture onto a hot griddle or waffle iron, and in just minutes you'll have a tasty, [organic](#) breakfast - with "no mess and no cleanup!" Organic pancakes and waffles ready at your fingertips? Sounds *Too Good to Be Food!* Let's find out if this product can stand the heat.

### What's in it:

Filtered water, organic wheat flour (unbleached), organic cane sugar, organic eggs, sodium lactate, organic soybean powder, dicalcium phosphate (leavening agent), sodium bicarbonate (baking soda), sea salt, organic rice bran extract, propellant

To begin, filtered water and organic wheat flour - no harm here! But, don't let the wheat flour fool you. Remember, wheat doesn't mean the whole wheat. This is simply refined wheat flour lacking the nutrients of whole grains. We are talking canned pancake batter, however, and I am on the look out for never-ingest ingredients. A little wheat flour gets a pass here, although whole wheat flour would be better.

Next up, organic cane sugar. This isn't too concerning either when you consider that two 4-inch pancakes gives you 5 grams of sugar, slightly more than your average dry pancake and waffle mix.

Organic [eggs](#), nothing wrong here. Eggs add some necessary fat and lecithin for smooth consistency, and a light and fluffy product.

Next is sodium lactate (lactic acid from beet sugar). It has been deemed a safe food additive that is used as a preservative to extend shelf life and increase food safety. Check!

Organic soybean powder. I prefer soy in its whole form but wouldn't put this product down for a bit of soy powder. Here, it is probably added for consistency.

Dicalcium phosphate and sodium bicarbonate are leavening agents to ensure your pancakes or waffles are fluffy.

Sea salt is used for flavor enhancement of course.

Organic rice bran extract helps to increase the volume and amount of water retained by the batter and helps to extend shelf life.

Propellant. While they don't list what type of propellant they use, it's likely to be nitrous oxide (a.k.a laughing gas). This helps to disperse the batter from the bottle onto your griddle or waffle iron. Don't worry, although the name sounds scary, it has been deemed safe.

#### **Bottom Line:**

For those mornings where you long for the fluffy hot cakes of your youth hot-off-the-griddle, this product is *not* too good to be food. Although exterior Cheese-Wiz-look and the name "Blaster" doesn't boast wholesome breakfast food, I was pleasantly surprised. Will I whip up whole grain homemade pancakes from scratch with added fresh fruit this weekend? Yes! But, if you are battling between tying shoes, making lunches and checking what time your a.m. meeting is, this Batter Blaster could be the next best thing. It got four thumbs up in my house. And two by me for requiring no other ingredients - literally just blast your waffle iron or griddle with cooking spray and there you go. Top 'em with yogurt and fresh fruit and you can feel completely content not starting from scratch.

#### **Nutrition Facts:**

Two 4-Inch pancakes

Calories: 80

Total Fat: .5 g

Saturated Fat: 0 g

Trans Fat: 0 g

Cholesterol: 15 mg

Sodium: 300 mg

Total Carbohydrate: 17 g

Dietary Fiber: <1 g

Sugars: 5 g

Protein: 2 g

*Nationally recognized nutrition expert and published author of "[The O2 Diet](#)," Keri Glassman is the founder and president of Keri Glassman, [Nutritious Life](#), a nutrition practice based in New York City. For years, Keri has been a leader in advancing a "whole person" approach to health and wellness. She has dedicated her career to creating services and promoting education through her Nutritious Life brand. You can be friends with Keri on [Facebook](#) or follow her on [Twitter](#).*