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August 4, 2011

Eat Like Me Blog: Pancake Post-Run Breakfast

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Pancake Post-Run Breakfast

Thursday, August 4, 2011 at 8:06 AM | posted by [Sarah-Jane Bedwell](#)

Today I got up early and got an hour-long run in before it got too hot. When I got back, I was pretty hungry. I hadn't...



...had pancakes in a while, so I was excited when the folks at Batter Blaster had sent me some samples of their pancake batter that comes in a spray bottle like whip cream.

I decided to try the Organic Whole Wheat Cinnamon Brown Sugar Batter Blaster to make a few pancakes and it was super easy to use.

I topped my pancakes with just a small drizzle of [honey](#), some I Can't Believe It's Not Butter, and some [fresh fruit](#)-bananas and blueberries.

On the side, I had a few links of turkey sausage and a glass of skim milk for some added protein. This breakfast had approximately 545 calories, 78g carb, 14g fat, and 28g protein.

What do you put on your pancakes?

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1

sjbedwellrd says:

Yes, they were pretty good, Shayla. Greek yogurt is a great idea for a topper and yes, maple syrup-only the real stuff :)

Posted: 8/5/2011 9:49:31am

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2

Shayla19 says:

Oooo that looks delish! I always wondered how those Batter Blaster's tasted?! Looks like they're pretty decent! I always love to top my pancakes with good ole maple syrup...or sometimes honey and greek yogurt with banana slices :)

Posted: 8/4/2011 6:21:28pm

Original Link: <http://www.self.com/fooddiet/blogs/eatlikeme/2011/08/pancake-post-run-breakfast.html>