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**EAT THIS!**  
**NOT THAT!**

# Pancake makeup

Keep weekend brunch from wrecking your waistline.

By DAVID ZINCZENKO

➤ **From your own kitchen:**  
**EAT THIS!**  
Pumpkin Protein Pancakes

To a large blender, add 1½ cups unsweetened almond milk, 2 tablespoons vinegar, 1 cup canned pumpkin, 1 egg, and 2 tablespoons coconut oil and blend until smooth. To a large bowl, add ¾ cups whole-wheat flour, ½ cup vanilla plant-based protein powder, ½ cup ground flaxseed, 3 tablespoons brown sugar, 2 teaspoons baking powder,

1 teaspoon ground cinnamon, 1 teaspoon ground nutmeg, and ½ teaspoon kosher salt and mix together. Add dry ingredients to wet ones and blend until smooth. Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat. Working in batches, add pancake batter, using about ½ cup per pancake, and brown for about 2 minutes on each side. Top with Greek yogurt and dried cranberries. Serves 6; 2 pancakes per serving. (292 calories per serving)

↘ **When you're at the pancake place . . .**

**NOT THAT!**  
IHOP Raspberry White Chocolate Chip Pancakes

830 calories,  
73 grams sugar

This dish puts the cake in pancake. As if white-chocolate-chip-filled pancakes weren't bad enough, these are covered with a sweet fruit topping, cream cheese icing, and whipped cream, sending the calorie and sugar content soaring.

↙ **EAT THIS!**  
IHOP Harvest Grain 'N Nut Egg White Combo

590 calories,  
19 grams sugar

You'll get two blueberry pancakes loaded with hearty oats, almonds, and walnuts and topped with banana slices, plus a side of protein-packed egg whites for staying power.

**SAVE!**  
240 CALORIES  
54 GRAMS SUGAR

## BEST BREAKFAST BITES

When you want waffles:

**NOT THAT!**

Perkins Belgian Waffle Platter (680 calories, 42 grams fat)

**EAT THIS!**

Perkins Mini Belgian Waffles, no butter or sugar (490 calories, 14 grams fat)

**SAVE!**

190 calories  
28 grams fat

For breakfast on the go:

**NOT THAT!**

Panera Bread Bacon, Egg & Cheese on Asiago Cheese Bagel (610 calories, 28 grams fat)

**EAT THIS!**

Panera Bread Avocado, Egg White, & Spinach Breakfast Power Sandwich (400 calories, 13 grams fat)

**SAVE!**

210 calories  
15 grams fat

From the freezer aisle:

**NOT THAT!**

Evo! Spicy Uncured Bacon & Egg, Roasted Potato, Jalapeño, and Cheddar Burrito (320 calories, 14 grams fat)

**EAT THIS!**

Evo! Egg White, Veggies & Cheese Scramble Cup (120 calories, 4.5 grams fat)

**SAVE!**

200 calories  
9.5 grams fat

Recipe by Kate Parham Kordsmeyer, Food styling by Brett Kurzwel/Art Department, prop styling by Emily Mullin/Hello Artists