

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Delicious Pancakes For Breakfast (with a twist)!

Light, Fluffy and Kid Approved!

Perfect Pancakes

1 Cup Canned Cannellini Beans,
Drained and Rinsed Well
1/2 Cup Regular Oats
2 Eggs, *Room Temperature
1/3 Cup Honey
1/2 Cup Skim Milk
1/2 Cup Whole Wheat Flour
1 1/2 Tsp Baking Powder
1/2 Tsp Baking Soda
1/4 Tsp Fine Sea Salt

Step One In a blender or food processor, combine the oatmeal and beans. Process until combined. Add the eggs, honey and milk and process again until well blended.

Step Two In another bowl, toss together the flour, baking powder, baking soda and salt. Add the bean mixture and stir with a fork until just blended - a few lumps are fine.

Step Three Preheat a non-stick griddle or skillet. Drop the batter by 1/4 cup-full onto a pan that has been preheated on medium high heat. Cook for about 2 minutes for the first side. It will be ready to flip when the edges are set, and bubbles appear. Turn and cook the second side for about 1 minute. (When done, Perfect Pancakes may be "browner" in color than other pancakes.) Serve with fresh fruit, real maple syrup, honey or jam.

2 Kitchen Smidgen

*Room Temperature Eggs are important when baking. They allow the fat in the egg to incorporate more easily into the batter. To take fridge-cold eggs to room temp quickly, place them in a bowl of warm water on the countertop for about 15 minutes before using.

3 Get Creative

Good News! You can make these pancakes ahead of time - They hold great in the fridge or freezer. Just prepare, and let cool completely. Wrap in aluminum foil and place in the frig. When ready to serve, pop in a 350F oven for about 10-30 minutes to warm, depending on whether they are frozen or just cold.

4 Wine Find of the Week

Charles de Fere Sparkling Wine
France

Whole Foods about \$15.00

Set the kids up with a big glass of OJ and pour the adults a mimosa with this inexpensive but flavorful sparkler. A super brunch wine for punch and mimosas, you'll enjoy the clean, fresh bubbly taste in your drink. Charles de Fere is a sparkler made in France, in the traditional method, but not made in Champagne, so it can't use the word "Champagne" on the label. You'll like the citrus and biscuity aroma and the good acidity and bubble of this value fizz.