



## Maple Bacon Pancake Poppers



1/6th of recipe (4 poppers): 123 calories, 3.5g total fat (1g sat. fat), 372mg sodium, 16.5g carbs, 1.5g fiber, 0.5g sugars, 5g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes



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### Ingredients

3 slices center-cut bacon or turkey bacon  
1/2 cup whole-wheat flour  
1/2 cup all-purpose flour  
3 packets no-calorie sweetener (like Truvia)  
1 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. cinnamon  
1/4 tsp. salt  
2 tbsp. light whipped butter or light buttery spread  
3/4 cup unsweetened vanilla almond milk  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1 1/2 tsp. vanilla extract  
1 tsp. maple extract  
Optional topping: sugar-free or lite pancake syrup

### Directions

Preheat oven to 350 degrees. Spray a 24-cup mini muffin pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

In a large bowl, combine both types of flour, sweetener, baking powder, baking soda, cinnamon, and salt. Mix well.

In a medium microwave-safe bowl, microwave butter for 15 seconds, or until melted. Add remaining ingredients. Mix until smooth and uniform.

Add mixture in the medium bowl to the large bowl. Mix until uniform.

Evenly distribute batter into the cups of the muffin pan, and smooth out the tops.

Chop or crumble bacon, and sprinkle over batter. Lightly press to adhere.

Bake until a toothpick inserted into the center of a popper comes out clean, 10 - 12 minutes.

### MAKES 6 SERVINGS

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