

# SUMMERTIME PANCAKE SKEWERS WITH CITRUS YOGURT DIP

*Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 10 (Serving= 1 skewer)*

## Nutrition (per serving)

Calories: 99

Total Carbohydrate: 18 g

Total Fat: 1 g

Dietary Fiber: 1 g

Saturated Fat: 0 g

Protein: 5 g

Sodium: 225 mg



## Ingredients

### Lemon Poppy Seed Pancakes

- $\frac{3}{4}$  cup fat-free vanilla Greek yogurt
- $\frac{1}{3}$  cup skim milk
- 3 egg whites
- 1  $\frac{1}{2}$  Tablespoons sugar free maple syrup
- $\frac{1}{2}$  cup white whole wheat flour (use gluten free flour blend for GF version)

### Citrus Yogurt Dip

- $\frac{3}{4}$  cup fat-free vanilla Greek yogurt

- $\frac{1}{2}$  cup all-purpose flour (use gluten free flour blend for GF version)
- 1 teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 1  $\frac{1}{2}$  Tablespoons poppy seeds
- 1 teaspoon lemon zest
  
- $\frac{1}{4}$  teaspoon lemon zest



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- ½ teaspoon chopped fresh mint

### **Plating**

- 10 Wooden Skewers
- 40 Melon Chunks or Balls (honeydew, cantaloupe and watermelon)

### **Directions**

1. In a small bowl, whisk together Greek yogurt, milk, egg whites, and syrup.
2. In a large bowl, mix together flours, baking soda, and salt. Make a well in the center and add wet ingredients. Gently fold until batter is wet. Add in poppy seeds and lemon zest and fold until combined, careful not to over mix batter.
3. Scoop out 1 Tablespoon portions of the batter and place on a large skillet on medium-high heat or on a griddle (at 325°). Flip after 2-3 minutes or until pancakes are golden brown.
4. To make the dip, mix together Greek yogurt, lemon zest, and mint in a small bowl.
5. On each skewer, place 2 pancakes and 4 melon balls in which ever order you choose. Serve with a Tablespoon of the yogurt dip.



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