

Getting White Flour and Sugar Out!

By Kimberly Hartke

Most health experts recommend eliminating white flour and white sugar from your diet. But that doesn't mean you have to forgo the foods you love. There are many recipes which call for whole wheat flour, for example. In this article, I will give you a whole wheat pancake recipe that even your kids will love. At the grocery store look for items that have 100% whole wheat on the ingredients list. When buying crackers or bread, try to find products with 4 or more grams of fiber. Avoid enriched wheat flour, as it is still deficient in many nutrients. Spelt is a whole food flour that is more and more available in breads and crackers. It is naturally high in fiber and has more protein than wheat. Try Dr. Kracker's Spelt Crackers (available at Whole Foods).

And, as for the sweet stuff, there are many worthy sugar substitutes. Honey and maple syrup are great whole food sugars, which because they are unrefined are healthier for us. Honey can be substituted for sugar in most baking recipes 1:1. Raw honey is the best, because it retains natural enzymes. Rapadura Sugar is whole cane sugar, meaning it still has all the minerals and fiber found in the whole sugar cane, this is the healthiest form of cane sugar you can find. Try the Rapunzel brand Chocolate Bars made with rapadura. Another whole sugar substitute is granulated date sugar, made from whole dates. A great molasses substitute is barley malt syrup.

If you are trying to lose weight, however, you may want to try the low glycemic whole food sweetener, Blue Agave Nectar. It is a syrup which is sweeter than sugar, so you use 1/3 less, plus, it is only 29 on the glycemic index (100 being high). Cane sugar is 64 on the glycemic index, so Agave will have less than half the impact on raising blood sugar, compared to white sugar. It is wonderful in coffee or warmed as a pancake syrup (see recipe). Another sugar substitute is Stevia, which is an herbal, powdered sweetener which has zero calories and is zero on the glycemic index. It also can be substituted for white sugar in recipes (1/4 to 1/2 teaspoon of Stevia powder or 2-3 drops of Stevia liquids) for every 2 teaspoons of sugar.

Just think substitution not deprivation, and you will have more fun getting the white stuff out!

BLUE AGAVE WALNUT PANCAKES

Serves 4

Preparation Time: 10 minutes

Total Time: 20 minutes

Dry Ingredients

1 cup whole wheat flour

1/4 cup wheat germ

1 tsp. Baking powder (buy aluminum free)

1 tsp. Celtic Sea Salt

1/4 cup Chopped Walnuts

Wet Ingredients

1 tsp. Blue Agave (Plus ¼ cup Blue Agave will be used as syrup)

1 large egg

1-1/4 cups whole milk

1 TBL Oil (I use walnut oil)

Directions:

Heat griddle on high (do not grease). Warm on stove in small sauce pan ¼ cup of Blue Agave to use as pancake syrup over finished pancakes.

Mix dry ingredients together in a bowl (except for walnuts). Mix wet ingredients together in a separate bowl. Combine with dry ingredients, stir well.

When you sprinkle water on the griddle and it sputters, it is hot enough. Pour batter onto the griddle. When pancakes have bubbles appearing on the surface, flip over to brown the other side. Remove finished pancakes to plate and sprinkle with walnuts. Serve with warm Agave syrup.

This is a Phase 3 South Beach diet breakfast item.

Kimberly Hartke is a homemaker with a passion for healthy living. More of her recipes can be found on Foodgeeks.com. Search for them by username, kahartke. Kimberly and her husband Keith workout with a personal trainer twice a week. A combination of changing their diet, personal training and regular exercise has helped the couple lose a total of 50 lbs between them. Contact Kimberly at kimberly@nationalrealty.biz