



VIRGIN ISLANDS



Zucchini Pancakes & Passion Fruit Banana Smoothie

SAKARI CLENDINEN, 8

"On the weekend, we make pancakes from scratch in shapes that go along with family celebrations. These have a healthy twist and are delicious," says Sakari. "At first we were going to use sour cream, but I don't like that. So we made a cream cheese and yogurt mixture that I love. Bananas and passion fruit grow in our yard, and we make really tasty smoothies with them to go along with the pancakes."



Makes 4 servings

INGREDIENTS

For the zucchini pancakes:

2 medium zucchinis, trimmed and grated

Salt

1/2 cup fat-free plain Greek-style yogurt

3 ounces cream cheese

1 large egg plus 2 large egg whites

1 clove garlic, minced

1/3 cup whole wheat pastry flour

1/4 cup Parmesan

Freshly ground black pepper

2 tablespoons oil

For the passion fruit banana smoothies:

8 passion fruits, seeded and flesh removed

4 bananas

2 cups fat-free plain Greek-style yogurt

2 tablespoons honey

8 ice cubes

PREPARATION

Make the zucchini pancakes:

1. In a colander, combine the grated zucchini with a pinch of salt and let it sit for 15 minutes to drain any excess liquid. Wrap the zucchini in paper towels and wring out any excess liquid.

2. In a small bowl, stir together the yogurt and cream cheese.

3. In a large bowl, beat the egg, egg whites, and garlic. Fold in the flour and Parmesan, and season with pepper. Add the zucchini and stir just until combined.

4. In a large sauté pan over moderate heat, warm the oil. Spoon 1 heaping tablespoon of batter into the pan and cook until golden brown, 2 to 3 minutes per side. Continue with the rest of the batter, covering the finished pancakes to keep them warm. Serve the pancakes topped with a dollop of the yogurt and cream cheese mixture.

Make the passion fruit banana smoothies:

1. In a blender, combine the passion fruits, bananas, yogurt, honey, and ice cubes, and blend until smooth.

409 calories; 18g protein; 64g carbohydrates; 12g fat (7g saturated fat); 324mg sodium