

Cherry Pancake with Nut Butter and Fruit



TIP: Sure, you can have fresh cherry pancake just the way it is. It has fruit, protein and complex carbohydrates all fantastically flavorfully packaged together. What you see here is just an example of an easy way to take that cherry pancake from simple to exciting by adding a shot of nut butter, laying down some fresh fruit, and topping it all off with a spoon of yogurt and, of course, fresh whipped cream.

Preparation Time: 5-7 minutes

Ingredients
(per serving)

Slice of Cherry Pancake

Nut Butter

Fresh Fruit (I'm using fresh peach and blueberries, but any fresh fruit will work)

Yogurt (I'm using non-fat plain Greek yogurt, but any yogurt will work)

Favorite Jam (optional)

Dried Fruit (I'm using a dried date, but any dried fruit will work)

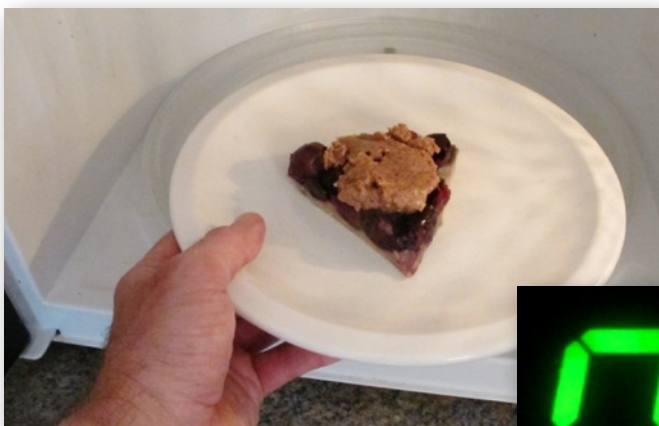
Whipped Cream



1. Spread **nut butter** on a **slice of cherry pancake**.



NOTE: If you're using a **piece of cherry pancake** right out of the refrigerator, like I did here, you can warm it in the microwave oven for 20-30 seconds.



2. Give the **fresh fruit** you're using a hand scrubbing rinse with cold tap water, and...



...cut or put it on the plate.



3. Add your choice or a combination of the following
- or anything else you'd like to add:

Big spoonful of yogurt



Teaspoon of jam (optional)



Shot of whipped cream



Dried fruit

