



# BROOKLYN\_BORN

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## When you're not a good cook, you have to be creative (or have a coach)

Tuesday, April 30, 2013

One of the benefits of SP beyond the obvious weight loss/workout info is the connection with sparkers who give you personal guidance.

While I do check out the spark recipes, I especially like those posted by sparkers who can personally vouch for the result.

Case in point: A recent blog by DesertJulz – The pancake queen

[www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=5337374](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5337374)

I haven't made pancakes in years, but her healthy version has encouraged me to give it another try. DH loves pancakes and this is one way I can counteract the junk food king's weakness for frozen pancakes popped into the microwave and doused with syrup. (Aunt Jemima and Little Debbie are the "other women" in his life).

When our children were growing up, I used to make pancakes using Bisquick. I knew they would never win any prizes so I was surprised when a neighbor called asking for my secret. Her children were demanding that she make pancakes like I did. Huh?

You see, my pancakes were always rather misshapen, never round. So as I took them off the grill, I would ask "Who wants to eat Texas? Who wants to eat Ohio?" or any other state suggested by the random shape that appeared. This obviously distracted the kids enough that they overlooked my lack of ability.

Thank you, DesertJulz. This "pancake jester" will now give it another try.

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**CAALAN23**

HaHA! Wondering if you ever made California. That is a cute story, love it! I see so many recipes for pancakes that I'd love to try a healthier version. I used to make a mean banana walnut beast of a pancake back in the day.



Have fun flippin flapjacks!

Tina  
2966 days ago



**HAYBURNER1969**

I need to give you my whole grain from-scratch pancake recipe. It's so easy. I make a triple batch and freeze them between sheets of waxed paper to nuke in the microwave in the morning.

I remember eating Texas!  
2966 days ago



**FANGFACEKITTY**

I grew up eating the "pancakes" my mom would make and when I went to college and made them one morning in the cafeteria everyone that came through looked and said "what are those?"

Apparently my mother's version of pancakes are actually crepes. I still prefer them today.  
2966 days ago



**WILSONWR**

Now that's an innovative way to may something interesting out of imperfection! Of course, who cares what they look like as long as they taste good! Good luck with the new recipe!  
2966 days ago



**AUSFAM**

Pancakes are an illusive beast! Creativity is the mother of all successes :)  
2967 days ago



**SUZYMOBILE**

Gosh, I love pancakes and would LOVE to be able to make those garbanzo pancakes, but the ingredients sound too hard to find and the recipe too complicated for me to deal with in the morning. What a wimp, huh?  
2967 days ago



**DR1939**

Food's a funny thing. It is so tied to the situation where it is eaten. That's why family meals are so important. They give us a chance to share good times. My girls have favorites that I can barely remember making. They also have stories to go along with them. Good luck on the pancakes.

My grandchildren each have a favorite thing that I make and I usually serve that when we have a family meal. I set it on the table in front of them and send the leftovers home with them. I hope it gives them good memories of Grandma's house.  
2967 days ago



**DESERTJULZ**


Awwww! I'm honored!

I'll never forget an episode of "Green Acres" (remember that old TV show?), where Lisa Douglas (Eva Gabor) made perfectly round pancakes. She'd make them big, then when they were almost done, use an empty coffee can as a cookie cutter to shape them!  
2967 days ago



**COCK-ROBIN**

LOL! And good luck with your pancakes. They're always good. I make myself some waffles on

the weekends, and they're great!  I've found out that real maple syrup (within reason) is better than the other syrups, which are mainly High Fructose Corn Syrup with other artificial flavors and colors. (Yuk) Look at your food tracker for serving sizes. It's more expensive than the other kind, but are far better.  
2967 days ago



**WATERMELLEN**

Too funny! It's amazing what pleases our children and build those terrific memories . . . seldom the "perfection" we tried so hard (and so fruitlessly) to achieve.  
2967 days ago



**MISCHAKEO**

I also made pancakes for my kids from Bisquick. They loved them. Now I make low carb waffles. Life has changed.

Have fun with your pancake experiment. I thought her recipe looked good also.  
2967 days ago

**SLENDERELLA61**

Love the state pancakes and the story of the neighbor kids! That is just so great!! When I lived in Maharashtra India they made a stuffed chapatti using chickpea flower and raw brown sugar -- oozing molasses. It would be much denser than your pancakes, I'm sure. Anyway, you made me



remember. Good memories. Yes, creativity goes a long way and your story illustrates that beautifully!!  
2967 days ago

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