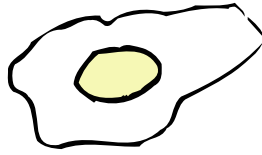


Healthy Recipe of the Week



Use organic ingredients whenever possible.

Egg White "Pancake" Dipped in Pureed Fruit

Originally in Mariel Hemingway's Healthy Living from the Inside Out

3 or 4 eggs whites*

1 teaspoon vanilla extract

Dash cinnamon

Olive oil spray or butter

Pick from: 1/2 papaya, if available (if not you can use canned papaya), plus 1/4 cup blueberries, raspberries, or blackberries (and kind) or peaches

4 raw almonds or a palmful of sliced almonds

Put egg whites in a blender, add vanilla and cinnamon, and whip it up good. Heat a large round skillet, and oil with a small blast of olive oil spray or a dab of butter. Pour the mixture in, and let it cook on fairly high heat. Turn it over when it easily lifts from the side with a spatula. It should be golden colored on both sides. Puree the fruit you've chosen in a blender, add berries and almonds (toast them under the broiler for a few minutes first if you have time). Blend briefly, and use as a dip for the pancake. Yummy!

If you are using frozen fruit, place it in the blender with some hot water to get the mix moving. The above will make enough fruit dip to keep in the fridge for a couple of days.

For a change, try peanut butter, banana and honey on the pancake.

*** The yolk of the egg is an essential part of the nutritional value and a great source of good fat. This recipe is made with egg whites, however, because they are responsible for the light, fluffy, and crispy texture. You can try adding one whole egg if you like. Remember, cage-free or free-range eggs are a kinder purchase.**