

Pancake Tuesday is just around the corner, and for many of us, it's an exciting time of year. Are you looking for delicious, healthy, and low-calorie toppings to celebrate Pancake Tuesday without any guilt? Pancake Tuesday is a day loved by many, and pancakes are the perfect breakfast treat any day of the year, but they can be high in calories and sugar. Fortunately, there are plenty of nutritious and low-calorie topping options that can make your pancakes an easier choice. In this blog post, I'll share some of my favourite (and the best) low-calorie pancake toppings that you can add to your pancakes for a very satisfying breakfast - even for the sweet tooth out there. From fresh fruit to Greek yogurt, chia seeds, and peanut butter, we've got you covered. So let's dive in and discover some tasty, healthy, and easy-to-make pancake toppings for a guilt-free Pancake Tuesday celebration!

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While pancakes are a delicious breakfast treat, the

calorie count can quickly tot up. Due to the toppings we use, they can end up high in calories and sugar making them a not-so-healthy choice.

But don't worry, there are plenty of low-calorie and nutritious toppings that you can add to your pancakes to make them both delicious and healthy. Or if you do want a treat, we can make some smart choices to keep the calorie count low.

Low-Calorie Breakfast Toppings - Pancakes for Weight Loss

What can I put on pancakes instead of syrup?

Here are some of my favourite low-calorie pancake toppings to make your Pancake Tuesday a little bit healthier, and a little bit low-calorie:

“Treat” and “Dessert” Pancake Topping Ideas

Low-Calorie Ice Cream

One of my favourite pancake concoctions is adding a low-calorie ice cream with some fruit. When I hear ice cream, my next thought is normally “high-calorie”, but there are so many low-calorie options on the market in all supermarkets from Tesco to Dunnes Stores, SuperValue and the others.

One option is “No Added Sugar Chocolate Ice Cream 500ml Gianni’s”



This low-calorie ice cream option from Aldi is just 450Kcal for the entire tub.

My go-to pancake treat with this ice cream is:

- Tesco Pancake 120Kcal
- 50g Aldi no added sugar chocolate ice cream 50kcal
- Mandarin 0kcal on WM

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That is a delicious, sweet and filling breakfast or treat for just 170Kcal. That is just over my 150Kcal treat recommendation. This turns out to be a very low-calorie meal or the perfect treat option.

Another sweet breakfast/dessert pancake recipe with ice creams is:



- Aldi frozen forest fruit 0Kcal (heated in a saucepan)
- Tesco pancake 120Kcal

- 50g of “Oppo Vanilla Pecan Ice Cream 475ML”
50kcal (just 198Kcal per ½ tub)

This also totals at 170Kcal per serving! So you’ll be glad to have no guilt in sight!

Healthy Pancake Toppings - Low-Calorie Toppings for Pancake Tuesday

What is the healthiest way to eat pancakes?

Fresh Fruit



My members love this one and I’m sure you will too. Fresh fruit is FREE on the WM plan - that means no totting up extra calories for your pancake fruit toppings. Adding fresh fruit to your pancakes is a

great way to add natural sweetness and nutrients. Fruit is filled with a variety of vitamins and are generally high in fibre too (which is great for fullness and keeping cravings at bay). Try adding sliced bananas, strawberries, or blueberries to your pancakes for a delicious and nutritious topping.

Greek yogurt - High-protein pancake toppings

Greek yogurt is a fantastic source of protein and can make a great pancake topping. It's thick, creamy, and goes well with almost any sweet or savory toppings. Add a dollop of Greek yogurt to your pancakes and top it with a drizzle of honey and a sprinkle of cinnamon. Doesn't that sound DEVINE?

Peanut butter or nut butter toppings - sugar-free pancake toppings

Peanut butter is high in healthy fats and protein making it very filling. It is also just a delicious topping option for pancakes. Choose natural peanut butter without added sugar and spread a thin layer over your pancakes. Top it with a few slices of banana or

strawberries for added flavor.

You can also opt for Almond butter or a different type of nut butter if you wish.

Chia seeds

Chia seeds are a great source of fiber, protein, and omega-3 fatty acids. Sprinkle some chia seeds over your pancakes for added crunch and nutrition.

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The best ready-made pancakes

Aldi Protein Pancakes



The entire pack of protein has a calorie content of

384Kcal meaning you can add just fruit (zero Kcal) or add some low-calorie options and still have a deliciously sweet breakfast on-plan.

These Aldi pancakes are like fluffy-American style pancakes and are so quick and easy to throw on a plate with some toppings.

Tesco pancake



These Tesco pancakes are just 99Kcal per pancake which is fantastic, leaving loads of room for delicious toppings.

Popular Pancake Toppings

There are so many delicious pancake toppings out there, and the possibilities are endless! Here are some of the most popular pancake toppings:

1. **Maple syrup:** This classic pancake topping is a favourite for many. It's sweet, sticky, and adds a delicious flavour to pancakes.
2. **Whipped cream:** Adding a dollop of whipped cream on top of your pancakes is a great way to add some sweetness and creaminess.
3. **Fresh fruit:** Sliced bananas, strawberries, blueberries, and other fresh fruits are popular pancake topping that adds natural sweetness and nutrition.
4. **Chocolate chips:** Chocolate chips are a delicious addition to pancakes, especially for those with a sweet tooth. They can be mixed into the batter or sprinkled on top.
5. **Peanut butter:** Peanut butter is a popular pancake topping that adds richness and protein. It can be spread on top of the pancakes or used as a dip.
6. **Jam or jelly:** Jam or jelly can be spread on top of

pancakes to add a fruity and sweet flavour.

7. Nutella: Nutella is a popular chocolate and hazelnut spread that can be spread on top of pancakes for a sweet and indulgent treat.
8. Caramel or chocolate sauce: Caramel sauce is a sweet and rich topping that can be drizzled on top of pancakes for a decadent breakfast.
9. Honey: Honey is a natural sweetener that can be drizzled on top of pancakes for a delicious and healthy topping.
10. Yogurt: Yogurt can be used as a topping for pancakes to add creaminess and tanginess. It's especially delicious when combined with fresh fruit.

These are just a few of the many popular pancake toppings out there. Whether you prefer sweet or savoury, there is a pancake topping out there to suit your taste.

What is Pancake Tuesday? Low Calorie Pancake Toppings

Pancake Tuesday, also known as Shrove Tuesday, is a Christian holiday celebrated on the day before the start of Lent. Traditionally, people would do this to use

up ingredients like sugar, flour, and eggs that they would not be able to consume during Lent by making pancakes. Pancake Tuesday has since become a popular event that's celebrated by people of all backgrounds around the world as an opportunity to enjoy delicious pancakes and other tasty treats before the start of the Lenten period. It is usually celebrated in February or early March, depending on the date of Easter.

Pancake Tuesday is a fun and delicious tradition, but it doesn't have to be unhealthy. By adding some of these low-calorie toppings to your pancakes, you can enjoy a delicious breakfast while still maintaining a healthy diet. Give these toppings a try and let us know which ones are your favorites!

[About WeightMatters with Jenny](#)



[Meet Jenny](#), the founder of WeightMatters – an easy-

to-implement weight loss program that helps individuals achieve their weight loss goals healthily and sustainably. Jenny has over 25 years of experience in the health and fitness industry. She's passionate about helping people reach their health and fitness goals and has helped [countless individuals](#) transform their lives through her program.

WeightMatters with Jenny offers a unique approach that combines [healthy eating](#), regular walking and ongoing support and guidance. Jenny's program is tailored to each individual, taking into account their specific needs, goals, and preferences.

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