

EAT THIS, NOT THAT!

THE BEST AND WORST BAKING MIXES



Just because you don't have time to bake cookies, pancakes, or muffins from scratch, doesn't mean you need to forfeit your clean diet or [weight loss](#) plan. These better-for-you mixes can help you eat your cake and have it, too—literally.

"You're seriously going to eat that?" I asked my friend Jess as she pulled a cake mix and some oil from her kitchen pantry. She shot me a look, like I was the Diet Police. "Come on," she said. "It's not like cake will *kill* me."

"It's not the cake I'm worried about," I said. "It's what's in it."

I reached for the red box and examined it. The ingredient panel reminded me of my college chemistry book: "hydrogenated soybean oil, red 40, butylated hydroxyanisole." The list went on...and on...and on. Not to mention, sugar was listed a full 13 times.

This list is for Jess—and for you. The team at Eat This, Not That! researched the best and worst baking mixes out there. Whether you're whipping up cookies, cake, biscuits or pizza crust, there's something here. And while you've got sweet treats on the brain, check out these [16 Hacks and Tips for Healthy Baking](#)—it's exactly the guide you'll need for those days you want to create something totally homemade.

PANCAKES & WAFFLES



Buy This: Bob's Red Mill Organic High Fiber Pancake & Waffle Whole Grain Mix
([Buy It Now!](#))

Not That!: Hungry Jack Complete Wheat Blends Pancake & Waffle Mix

While anything with "cake" in its title is far from the picture of health, you can keep your morning meal from totally throwing you off track by selecting a decent mix from the store. We're fans of Bob's Red Mill high-fiber mix because it's made with whole wholesome things like wheat pastry, Scottish [oatmeal](#), and flax seeds, an ingredient not typically found in waffles or pancakes. And with just 2 grams of sugar and an impressive—not to mention, satiating—7 grams of fiber it's pretty hard to beat. Though if we were handing out a silver medal, it would go to Birch Benders. They have great waffle and pancake varieties like pumpkin spice, Paleo and sweet potato, a flavor that's hitting stores soon!

With so many great options to pick from, it seems silly to bring home a mix like Hungry Jack, which is filled with heart-harming hydrogenated oils, less protein, and more sugar than the competition. To get the most out of your better-for-you flapjacks, pair them with one of the fat-burning teas from [The 7-Day Flat-Belly Tea Cleanse!](#) Test panelists lost up to 10 pounds in one week!