

## Protein Pancakes

Makes 2 servings  
145 calories per serving

### Ingredients

- 1/3 cup oatmeal
- 1 banana
- 4 egg whites

### Directions

1. Mix all ingredients together.
2. Fry with little spray of canola oil in non-stick pan for about 5 minutes.

## Fruits & Yogurt Bowl

Makes 1 serving  
220 calories per serving

### Ingredients

- 1.5 cup chopped up favorite fruits in season
- 2 Tbsp of non-fat yogurt
- 8-10 raw almonds

### Directions

Mix all ingredients together.

## Breakfast Cereal Bowl

Makes 1 serving  
195 calories per serving

### Ingredients

- 1 cup high fiber whole wheat or bran cereal
- 1 sliced kiwi or .5 cup berries of your choice
- 1.5 non-fat milk or no sugar soy milk

### Directions

1. Mix all ingredients together.

## Low Cal French Toast!

Makes 1 serving

90 calories

### Ingredients

- 1 slice Nature's Own Light Wheat Bread
- 1 egg Whites
- 2 tbsp milk, nonfat, fluid
- 1/8 tsp vanilla extract
- 1 pinch cinnamon (or nutmeg)
- Pam canola cooking spray

### Directions

1. Cut each slice of bread into 4 squares. I leave the crust on, but you can remove it you want.
2. In a large shallow bowl, mix together the egg white, milk, vanilla, cinnamon, and, if you want, a pinch of salt.
3. Prepare a large skillet on a heat just above medium with cooking spray.
4. Add all the bread pieces to the "egg" mixture bowl and gently scoot them around with your fingers -- flipping each piece so both sides are drenched and all the mixture is absorbed.
5. Start cooking the bread pieces in the skillet a batch (as many pieces as you can fit in the skillet) at a time. Brown each slice for about 3 or 4 minutes. Give the skillet another thin spray of cooking oil between each batch.
6. Serve and enjoy!
7. I like this with no sugar maple syrup honey or jam on top. Bananas slices and vanilla yogurt is a fun topping too!

## Whole Wheat Pancakes Recipe

Makes 9 servings

130 calories per serving

### Ingredients

- 1 1/4 cups whole wheat flour
- 1/2 cup raisins
- 2 tsp baking powder
- 1 egg, beaten
- 1 cup skim milk
- 1 tbsp cooking oil
- 1/2 tsp salt

## Directions

1. Stir together flour, sugar, baking powder, and 1/2 tsp salt.
2. Combine egg, milk, and oil. Add all at once to flour mixture, stirring until blended but still slightly lumpy.
3. Pour 1/4 cup of batter onto a hot, lightly-greased griddle or a heavy skillet for each pancake.
4. Cook until golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges.

## Healthy Nutella

Makes 3 servings  
135 calories per serving

Made w/ cottage cheese, and sweetner of your choice ( I use stevia)

### Ingredients

- 1/2 cup hazelnuts
- 1/8 tsp salt
- 1/2 cup 2% cottage cheese
- 2 tsp vanilla extract
- 3 tbsp baking cocoa

### Directions

1. In a Food processor, blend cottage cheese until it is lump-free.
2. Add in cocoa, vanilla and salt, pulse until fully combined.
3. Add Hazelnuts, and blend until completely smooth!
4. Spread some on your favorite whole grain toast. YUM!

## Berry Smoothie Recipe

Makes 1 serving  
145 calories

Delicious kick start in the morning, naturally sweet, full of antioxidants and virtually fat free

### Ingredients

- 1/4 cup Strawberries
- 1/4 cup Blueberries
- 1/4 cup Raspberries
- 1/2 cup soy milk
- 7-10 ice cubes
- 1 Tbsp non-fat yogurt

### Directions

Mix ingredients together in a blender and serve!

## Breakfast Veggie Omelet

Makes 1 serving  
225 calories

Healthy & satisfying in the mornings

### Ingredients

- 4 egg whites + 1 yolk
- 4 chopped mushrooms
- 1/2 cup spinach
- 1/4 cup chopped onion

### Directions

Mix ingredients together and fry with non-stick pan with lightly sprayed cooking spray.  
Serve with a sliced peach

## Nutty Oatmeal with Cinnamon & Berries

Makes 1 serving  
240 calories

### Ingredients

3/4 cup slow-cooked oatmeal  
1/2 tsp cinnamon  
1 tbsp chopped walnuts  
1/2 cup mixed berries

### Directions

Mix ingredients together and voila!

## Scrambled Eggs and Cheese

Makes 1 serving  
235 calories

### Ingredients

2 egg  
2 oz. low-fat cheese (cheddar, jack, swiss, mozzarella)  
2 slices turkey bacon  
1/2 grapefruit

### Directions

In non-stick frying pan with lightly sprayed cooking spray, scramble 2 eggs with 2 oz. cheese. microwave or pan fry turkey bacon in non-stick pan.  
Serve with half a grapefruit.

## Ham & Cheese Omelet

Makes 1 serving  
215 calories

### Ingredients

3 egg whites  
2 oz. chopped low-sodium ham  
1 oz. swiss cheese  
1 cup sliced strawberries

### Directions

In non-stick frying pan with lightly sprayed cooking spray, combine eggs with ham and cheese.  
Serve with a sliced strawberries.

## Yogurt & Berry Parfait

Makes 1 serving  
185 calories

### Ingredients

- 3/4 cup 2% cottage cheese
- 1/2 cup non-fat yogurt (120 calories)
- 1 cup sliced strawberries or mixed berries

### Directions

Mix all ingredients together and serve.

## Peanut Butter Banana Toast

Makes 1 serving  
220 calories

### Ingredients

- 1 slice whole grain toast
- 1 tbsp creamy peanut butter
- 1/2 banana, sliced
- 1 6 oz. glass skim or no sugar soy milk

### Directions

Spread peanut butter on toast and top with sliced bananas.  
Serve with milk.

## Egg, Cheese & Toast On the GO

Makes 1 serving  
225 calories

### Ingredients

- 1 egg
- 1 slice whole grain toast
- 1 slice low-fat cheese

### Directions

Microwave egg in glass bowl. Melt cheese on Toast in toaster oven and add egg on top.