

Four Ingredient Pancakes

13 g carbohydrates | 1 g total fat | 6 g protein

Serving size: 4 “silver dollar” pancakes | Approximately 79 calories



Short on time?

This “short” stack of pancakes is quick and easy for mornings when breakfast may be rushed. Breakfast is the most important meal of the day and can help you start the day on the right foot. Even if it’s not a complicated or thought out, make sure you are getting all the nutrients you need.

Food Preparation Materials

Can opener
Fork
Cooking Skillet
Spatula
Mixing Bowl

Ingredients- Makes 1 serving

¼ cup canned pumpkin puree
1 egg white
1/8 cup oatmeal
½ tsp. cinnamon

What To Do

1. Open the can of pumpkin and add to bowl.
2. Add egg white and combine with fork.
3. Add oatmeal and incorporate ingredients.
4. Spray skillet (if needed) and allow the skillet to heat up.
5. Pour mixture into skillet and watch closely.
6. Watch for browning edges to indicate doneness.