



Oatmeal Pancakes Egg White Bites

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A true breakfast of champions.
A delicious way to start your mornings for a great day!

Oatmeal Pancakes INGREDIENTS:

1 cup old fashioned oats
2 large eggs or egg whites
2 tsp. baking powder
1/2 tsp. cinnamon (optional)
Maple syrup, for serving
Fresh fruit, for serving

Oatmeal Pancakes DIRECTIONS:

Mix all ingredients in a blender blend until smooth.

Drop 1/4 cup of batter per pancake in a nonstick skillet over medium-low heat.

Cook for about 3-4 minutes, until golden and dry edges and bubbles form on top.

Flip the pancakes, and cook until golden on the other side. Repeat these steps with the remaining batter.

Add toppings and Enjoy!

Egg White Bites INGREDIENTS:

1/4 teaspoon garlic powder
1/8 teaspoon of salt and pepper
1 cup roughly chopped spinach
1/2 cup roasted chopped red peppers
1/4 cup roughly chopped basil

Egg White Bites DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C).

Spray a 12-cup muffin pan generously with cooking spray.

Combine 2 cups egg whites, garlic powder, salt, and pepper in a blender; blend until smooth, about 15 seconds.

Combine spinach, roasted red peppers, and basil in a bowl. Pour in egg mixture and stir to combine. Ladle the mixture evenly into the muffin cups, filling each about 3/4 full.

Bake in the preheated oven until egg white bites are set, 18 to 20 minutes.

Have a great day!!

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