

# Brunch Season Recipes

## Protein Packed Pancakes

### INGREDIENTS:

- Olive oil spray
- 3/4 cup quick cook oatmeal
- 3/4 cup egg whites
- 1 tbsp fat-free cottage cheese
- 1 tsp cinnamon (optional)
- 1 tbsp sugar-free syrup
- 1/4 cup blueberries

### INSTRUCTIONS:

Spray pan with Olive oil spray. Combine all ingredients and pour into small frying pan in pancake form. When sides start to brown, flip. Pancakes will need approximately 3 minutes on each side. Serve with sugar-free syrup and blueberries.



### NUTRIENTS PER SERVING (including cinnamon):

Calories: 355, Total Fat: 4 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1.5 g, Carbs: 53 g, Fiber: 8 g, Sugar: 7 g, Protein: 30 g, Sodium: 386 mg, Cholesterol: 1 mg

## Fruit Bruchetta

### INGREDIENTS:

- 1/2 cup low-fat cottage cheese or yogurt cheese
- 1 whole-grain baguette, sliced on the diagonal into 1/2-inch pieces
- 1/2 cup sliced fresh strawberries
- 1/2 cup fresh blueberries
- 1/2 cup raspberries
- 1 tin mandarin orange slices in their own juice, drained, juice reserved

### INSTRUCTIONS:

Preheat oven to 400°F

Prepare a baking sheet by lining with parchment paper.

Arrange slices of baguette on the baking sheet and toast the bread.

Mix cottage cheese or yogurt cheese with 2 Tbsp of the mandarin juice. If using cottage cheese, mash well to make smoother.

Once the bread is toasted, spread the cottage cheese or yogurt cheese on top of the hot toast.

Arrange toast on a serving platter, set strawberry slices on to and then distribute the rest of the fruit on top of the strawberries.

*Recipes sourced from [www.eatcleandiet.com](http://www.eatcleandiet.com)*

