



Fluffy Fall Pancakes

Ingredients:

- 1 packet Diet Right Honey Nut Cereal, crushed
- 2 egg whites
- ¼ tsp. baking powder
- ¼ tsp. vanilla
- Cinnamon to taste
- Nutmeg to taste

Directions:

1. Mix eggs with vanilla.
2. Mix crushed cereal with baking powder, cinnamon and nutmeg.
3. Pour dry mix into egg mixture and stir until completely blended.
4. Cook like pancakes.
5. Enjoy!

Servings: makes 1 serving.

Each serving = 1 protein product, 2 oz. lean protein.

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