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Breakfast



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Protein Pancakes

These pancakes are great - full of protein, gluten-free, and very tasty. Enjoy them with a little real maple syrup & a touch of butter for a guilt free breakfast that will keep you full all morning

Serves 1

- 1/4 cup oats {regular or quick}
- 1 egg or 1/4 cup egg substitute
- 1/4 cup cottage cheese
- 1/4 tsp baking powder
- 1 tsp honey, optional

Add all of the ingredients to a food processor or blender. Blend until completely combined and smooth. Let sit for at least 5 minutes

Heat a large non-stick skillet or griddle over medium heat.

Add pancake batter to skillet {it makes about two regular sized pancakes}. Cook for about 3-4 minutes or until tiny bubbles form on the top of the pancake.

Flip and cook another 2-4 minutes until done.

Serve with a little real maple syrup and/or a small pat of butter.

Enjoy!

Notes:

Do not use steel cut oats or instant oats for this recipe

Nutrition Facts:

{with honey} 213 calories, 6.3g fat (1.7g saturated), 23.5g carbohydrates, 2.1g fiber, 16.2g protein
{without honey} 192 calories, 6.3g fat (1.7g saturated), 17.7g carbohydrates, 2g fiber, 16.2g protein
{using egg substitute – no honey} 152 calories, 1.3g fat (0.2g saturated), 17.7g carbohydrates, 2g fiber, 16.2g protein

Breakfast Casserole

This savory breakfast casserole is cheesy and full of vegetables. If Gruyere is too expensive, you can either use Swiss cheese or more Parmesan in its place. Also, make sure you get the lean ground turkey breast and not regular turkey, which has more fat & calories

Serves 6-8

- 1 tsp oil
- 1 onion, diced
- 8 oz. mushrooms, chopped
- 10 oz. ground turkey breast
- 1 tsp minced garlic (about 2-3 cloves)
- 1/8 tsp cayenne pepper
- 1/4 tsp salt
- 1 tsp salt-free Creole seasoning, like TDD Creole Spice Blend, divided
- 12 slices 100% whole wheat bread, crusts removed & torn into pieces
- 7 whole eggs
- 2 egg whites
- 1 ½ cups 1% milk
- 1/4 tsp pepper
- 1/4 tsp red pepper flakes
- 1/2 cup 50% reduced-fat cheddar cheese, freshly grated
- 1/2 cup Parmesan cheese, freshly grated, divided
- 1/2 cup Gruyere cheese, freshly grated, divided

Heat 1 tsp oil over medium heat in a large skillet. Add onion & mushrooms, and sauté for 5 minutes. Stir in ground turkey breast & garlic and cook, breaking up meat with a spoon. Stir in cayenne pepper, salt, and 1/2 tsp Creole spice. Once cooked, remove from heat & set aside to cool.

Spray a 9x13 glass baking dish with non-stick cooking spray. Add bread pieces and turkey-vegetable mixture to baking dish. Stir all together.

Whisk eggs, egg whites, milk, pepper, red pepper, and remaining 1/2 tsp Creole spice together. Stir all of the cheddar, 1/4 cup Parmesan, and 1/4 cup Gruyere into egg mixture. Pour egg-cheese mixture over bread-turkey mixture in the baking dish.

Sprinkle with remaining 1/4 cup Parmesan and 1/4 cup Gruyere. Cover with foil and refrigerate at least 8 hours or overnight.

When ready to cook, take casserole out of refrigerator. Preheat oven to 375°F.

Bake casserole, covered, for 50 minutes. Uncover and bake for about 10 minutes or until cheese is lightly browned and casserole is bubbling.

Remove from oven and let sit about 5 minutes before serving. Enjoy!

Nutrition Facts (based on 8 pieces): 280 calories, 12 g fat (5g saturated), 20 g carbohydrates, 3 g fiber, 29 g protein

*If you want to cut back on some calories & fat, you can substitute 2 cups egg substitute (like Egg Beaters) in place of the eggs + egg whites.

Nutrition Facts (based on 8 pieces with 2 cups egg substitute instead of the egg + egg white): 240 calories, 7.5 g fat (3 g saturated), 20 g carbohydrates, 3 g fiber, 29g protein

Gluten Free:

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Spinach Artichoke Dip	12	Mexican Chicken Salad	31	Crock-Pot Pulled Pork.....	52
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Guacamole.....	16	Ranch Dressing	38	Blue Mashed Potatoes.....	63
Pimento Cheese	17	Blue Cheese Dressing	38	Sautéed Spinach	65
Chili Cheese Fries.....	19	Honey Balsamic Chicken....	40	Broccoli Quinoa.....	65
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Guacamole.....	16	Honey Balsamic Chicken....	40	Twice-Baked Potatoes.....	62
Pimento Cheese	17	Whole Chicken Crock-Pot.	41	Blue Mashed Potatoes.....	63
Sliders.....	18	Homemade Chicken Broth	41	Southwest Cornbread	64
Chili Cheese Fries.....	19	Crock-Pot Salsa Chicken....	42	Sautéed Spinach	65
Spiced Walnuts	20	Chicken Tostadas	42	Broccoli Quinoa.....	65
Zucchini Pizza Bites.....	20	BBQ Chicken Pasta.....	43	Roasted Cabbage	66
Lentil Soup.....	23	Poppy-Seed Chicken.....	44	Quinoa Pilaf	67
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Split Pea Soup	27	Stuffed Squash.....	47	Buttercream Frosting.....	74
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White Bean & Turkey Chili	29	Meat Sauce.....	48		

Nut Free:

All recipes but Spiced Walnuts