



## **Swimsuit-Ready in 20 Days: Breakfast Recipes**

### **Asparagus Crepes with Toast**

**1 bunch asparagus spears**

**1 ½ cups egg whites**

**2/3 cup nonfat milk**

**4 slices whole grain bread, toasted**

*Salt and cracked pepper to taste*

*Cooking oil spray*

1. Place the asparagus spears in container with a little water. Microwave for 1½ minutes, drain & set aside.
2. Whisk together the egg whites, milk, salt, and pepper.
3. Coat a nonstick skillet with cooking spray and heat the skillet. Pour half of the egg whites into skillet. When the egg whites begin to set, turn them over. Cook for 30 seconds and then slide the crepe onto a cutting board. Place half of the asparagus spears in the center of the crepe and roll tightly. Repeat but reserve a couple of asparagus spears for garnish.

**To serve:** Place the asparagus crepes on plates and serve with toast. Garnish with the reserved asparagus spears.

Servings: 2