



Swimsuit-Ready in 20 Days: Breakfast Recipes

Bell Pepper Pancakes w/ Mozzarella and Crisp Bacon

1 ½ cups egg whites

2 ¾ cups diced bell peppers

1 tablespoon nonfat sour cream

¼ cup shredded nonfat mozzarella cheese

2 strips turkey bacon

Salt and cracked pepper to taste

Cooking oil spray

1. Preheat broiler. Whisk together the egg whites, bell peppers, sour cream, salt, and pepper.
2. Coat a nonstick crepe pan with cooking spray and heat the pan. Ladle ¼ cup of the egg white mixture into the pan and cook until it is partially set. Turn it over and cook until almost set. Repeat with the remaining egg white mixture. Place the pancakes on a nonstick baking sheet and sprinkle with the mozzarella cheese. Broil until the cheese is melted and golden brown.
3. Microwave the turkey bacon for 3 minutes.

To serve: Transfer the pancakes and turkey bacon to serving plates.

Servings: 2