



Swimsuit-Ready in 20 Days: Breakfast Recipes

Oatmeal-Berry Pancakes

1 ½ cups egg whites

1 ½ cup chopped strawberries

1 cup rolled oats

1 cup nonfat sour cream

1 cup blueberries

1 ¼ teaspoons sugar substitute

Butter-flavor cooking oil spray

1. Beat together the egg whites, strawberries, rolled oats, and sugar substitute until smooth.
2. Coat a nonstick-skillet with cooking spray and heat the skillet. Ladle ¼ cup of batter into the skillet. Cook until the batter is set around the edges of the pan, then push it toward the center with a spatula. Cook until the batter begins to set in the center. Turn the pancake over or cover the pan. Cook for 1 minute. Repeat with remaining batter.

To Serve: Slide the pancakes onto plates and top with sour cream. Garnish with blueberries.

Servings: 2