



health  
promotion

# CORE BREAKFAST RECIPES

*Breakfast recipes to get you started!*





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**BUDGET FRIENDLY**



# 1.1 EGG SANDWICH WITH MUSHROOM HASH

Serves 2



## Ingredients:

2 tsp butter or margarine  
1 small potato, diced  
½ lb mushrooms, sliced  
2 cloves garlic, finely chopped  
2 eggs  
Salt and pepper  
2 rolls, 2 English muffins or 4 slices of bread

## Instructions:

Melt half the butter/margarine (1 tsp) in a pan on medium heat, then add the potato and cook for 5 minutes, stirring minimally. Season with salt and pepper. Add the mushrooms and garlic, as well as a splash of water if the potatoes are getting stuck to the pan. Cook for another 5 minutes, until the mushrooms are brown and have shrunk.

Test the potato by piercing one piece with a fork. If it goes through easily, they're done. If not, cook for a few more minutes. (*The smaller the potatoes are chopped, the quicker they'll cook*). Taste and adjust the seasonings for preference.

Melt the remaining teaspoon of butter/margarine in another pan on medium heat. Crack the eggs into the pan and season with salt and pepper again.

Cook your eggs as desired. Toast the bread, and assemble the sandwich using condiments you like.

Source: 4 Dollar Meals – Good and Cheap

## TIP:

*Add a slice of tomato if desired, avocado for healthy unsaturated fats, or 1 oz cheese for extra protein.*



## 1.2 OATMEAL - 6 WAYS

*Serves 2*



This basic oatmeal recipe can be dressed up many different ways!

### **Basic Ingredients:**

1 cup rolled oats  
2 cups water  
¼ tsp salt

In a small pot, add the oats, water and salt. Place on medium-high heat, just until the water comes to a boil. Immediately turn the heat to low and place the lid on the pot. Cook for 5 minutes, until the oats are soft and tender and most of the water has cooked off. You can add more water if you like your oatmeal less thick.

### **Coconut Lime Oatmeal:**

¼ cup coconut, shredded  
2 tbsp sugar  
Juice from ½ a lime

Add the coconut and sugar to the oatmeal, water, and salt. Cook as normal. Turn off the heat and squeeze the juice of half a lime over the top.

### **Berry Oatmeal:**

½ cup berries, fresh or frozen  
1 tbsp sugar

Cook the oatmeal as usual. 2 minutes before its ready, add some fresh or frozen berries and the sugar. Stir to combine.

### **Pumpkin Oatmeal:**

½ cup canned pumpkin  
¾ cup milk of choice  
1 ¼ cup water  
2 tbsp brown sugar  
1 tsp cinnamon

*Optional:*

¼ tsp ginger  
¼ tsp clove powder  
Maple syrup

Whisk the pumpkin, milk and water in a pot. Add the oats, salt, sugar and spices, but use just 1 ¼ cups water instead of 2 cups. Cook on medium-low until it bubbles. Turn to low for 5 more minutes. Add clove powder, ginger, and syrup to taste, if desired.

### **Baklava Oatmeal:**

1 tsp cinnamon  
1 tbsp orange zest, finely grated  
4 tbsp honey  
2 tbsp almonds or pistachios, chopped

Before cooking the oatmeal, add the cinnamon, orange zest and 2 tbsp honey. Once it's cooked, top each bowl with the remaining 2 tbsp honey and the nuts.

### **Apple Cinnamon Oatmeal:**

2 cups apple juice or cider  
1 tsp cinnamon  
1 apple, cored and chopped

Cook the oats in juice and cinnamon instead of water. Top with the apple. If you want the apple to be soft and warm, cook it along with the oats.

### **Savoury Oatmeal:**

2-3 scallions, finely chopped  
¼ cup sharp cheddar cheese, grated  
1 tsp butter  
2 eggs

Cook the oatmeal with scallions. Just before its done, add the cheese. Melt butter in a pan on medium heat. Crack the eggs into the pan, then cover. Fry until the yolks are runny but the whites are cooked, then top each bowl of oats with a fried egg.

*Source: 4 Dollar Meals – Good and Cheap*

## TIP:

*You can cook a batch of oatmeal for the week, reheat with water and add desired toppings.*

# 1.3 WHOLE WHEAT JALAPENO CHEDDAR SCONES

*Serves 6*



These versatile scones are great with a side of beans, some veggies or a piece of fruit to round out this breakfast.

## Ingredients:

- ½ cup butter
- 2 ½ cups whole-wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 4 oz sharp cheddar cheese, diced
- 1 jalapeno, finely diced
- 2 eggs, lightly beaten
- ½ cup milk

## Egg wash:

- 1 egg
- Salt and pepper

## Instructions:

Place the butter in the freezer for 30 minutes.

Preheat the oven to 400°F. Line a baking sheet with parchment paper, or lightly grease the pan if you don't have any parchment paper.

In a large bowl, combine the flour, baking powder, and salt.

Prepare your jalapeno and cheese. Cutting the cheese into cubes rather than grating means you'll have pockets of gooey cheese that contrast nicely with the scone. If you want the spice of the jalapeno, leave the seeds and membrane; if you like it milder, remove them and chop up only the pepper itself.

Remove the butter from the freezer and grate, using a cheese grater, directly into the flour mixture (*this is the best way to break up butter without melting it*). Using your hands, gently squish the butter into the flour mixture until everything is incorporated, but not smooth. The chunks of butter will create flaky scones. Add the cheese, jalapeños, eggs, and milk to the bowl, then use your hands to gently mix everything until it just comes together.



Sprinkle flour on a clean countertop and place the dough onto it. Gently shape the dough into a circle about 1 ½" thick. Cut the dough into six triangles, like a pizza, and move them to the cookie sheet.

In a small bowl, gently beat the egg for the egg wash. Brush it over the scones and then sprinkle salt and pepper over each one. Bake for 25 minutes, or until the scones are golden brown.

*Source: 4 Dollar Meals – Good and Cheap*



## 1.4 PEANUT BUTTER & JELLY GRANOLA BARS

Makes 12 bars



### Ingredients:

Butter or vegetable oil  
½ cup peanut butter  
½ cup jelly or jam  
¼ cup hot water  
¼ tsp salt  
3 cups rolled oats

### Instructions:

Preheat the oven to 350°F.

Grease an 8" x 11" baking pan using butter or oil. If you have a different size pan, that's fine – it will just change the thickness of the bars.

Add the peanut butter, half the jelly (1/4 cup), water, and salt to a small pan. Stir over low heat until smooth.

Pour the oats into a large bowl. You can use quick oats if they're all you have, but rolled oats work best. Mix the

peanut butter and jelly combination into the oats until all the oats are coated. Dump the mixture into the greased pan and press it into an even layer. Spread the remaining jelly over the top.

Place the pan into the oven for 25 minutes, until it's brown around the edges.

Leave the bars in the pan until they cool completely (about an hour), then slice into 12 bars.

Source: 4 Dollar Meals – Good and Cheap

## TIP:

*If you're looking to increase your energy intake you can add nuts, coconut, dried fruit or honey*

## 1.5 NUT BUTTER, BANANA & CHIA SEED TOAST

Serves 1



### Ingredients:

1 slice 100% whole wheat bread  
1 tbsp nut butter of choice (*peanut butter, almond butter, sunflower butter etc.*)  
1/2 medium banana, sliced  
1/2 tsp chia seeds

### Instructions:

Toast the bread and spread the nut butter over the top.

Place banana slices over the nut butter and top it off with chia seeds.

Source: <https://theskinnyfork.com/blog/sunbutter-toast>

## DID YOU KNOW?

*2 tbsp of chia seeds contains 11g of fibre and 4g of protein*





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KEEP IT SIMPLE



## 2.1 OMELETTE

*Serves 2*



### Ingredients:

4 eggs  
2 tbsp fresh dill, finely chopped  
Salt and pepper  
Butter for the pan  
1 shallot or ½ small red onion, finely diced  
¼ cup grated cheese

### TIP:

*Serve with a slice or two of whole grain toast for a balanced meal*

### Instructions:

Crack the eggs into a bowl. Add the dill, salt and pepper and beat with a fork.

Melt a small blob of butter in a big saucepan on medium-high heat. Once the butter is sizzling, add the onion and sauté for about 2 minutes, until it's translucent.

Add the eggs to the hot pan and swirl them around to coat the surface evenly. If the center of the omelette cooks more quickly than the edge, use the spatula to pull any raw egg into the middle.

After about 30 seconds, add the cheese on top along with any other raw or cooked vegetable you feel like adding. Once none of the egg remains translucent, fold the omelette in half with your spatula, then lift it out of the pan. You don't want any brown on your eggs.

If you are serving two people, you can cut one large omelette in half rather than making two omelettes.

*Source: Four Dollar Meals, Good and Cheap*





## 2.2 TOMATO SCRAMBLED EGGS

*Serves 2*



### Ingredients:

½ tbsp butter  
4 cups fresh tomatoes or 2 cups canned tomatoes, chopped  
4 eggs  
Salt and pepper

### Additions:

Fresh basil or other herbs, chopped

### Instructions:

Put a small pan on medium heat and melt the butter, then swirl it around to coat the pan. Add the tomatoes. Cook until the tomatoes release their juice and most of the juice evaporates, about 5 to 7 minutes.

Meanwhile, crack the eggs into a bowl and add salt and pepper. Beat the eggs lightly with a fork.

Once most of the juice has cooked out of the tomatoes, turn the heat down to low and add the eggs to the pan. Using a spatula, gently mix the eggs and tomatoes. Carefully stir the eggs to keep them from forming chunks. Turn down the heat as low as possible. The slower your eggs cook, the creamier they will be.

Once the eggs are done, turn off the heat and add any chopped herbs you have around. Serve over toast or a tortilla to round out the meal!

*Source: Four Dollar Meals, Good and Cheap*

## TIP:

*Add sautéed spinach for added nutrients and iron*





## 2.3 BANANA PANCAKES

*Makes 10-14 pancakes*



A great use of ripe bananas!

### Ingredients:

- 2 cups all-purpose flour
- ¼ cup brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 2 bananas, mashed
- 2 eggs
- 1 ½ cups milk
- 1 tsp vanilla
- 1/2 tsp butter
- 2 bananas, sliced

### Instructions:

In a medium bowl, add the flour, brown sugar, baking powder, soda and salt. Mix thoroughly with a spoon.

In another bowl, mash the bananas with a fork. Then, add the eggs, milk, and vanilla to the mashed bananas and stir to combine. Add the dry mixture into the banana mixture. Gently stir it with a spoon until everything just comes together. Tender pancakes come from not overmixing the batter. If there are still a few pockets of flour, don't worry about it. Let the mixture sit for 10 -15 minutes.

Place a non-stick or cast-iron pan on medium heat. Once it's hot, melt 1/2 teaspoon butter in the pan, and then ladle some pancake batter into the center of the pan. You can make your pancakes as large or small as you like. A normal amount is about ¼ to 1/3 cup of batter. If it's your first time making pancakes, make them smaller: they'll be easier to flip.

As soon as the batter is in the pan, place 3 to 4 banana slices on the uncooked side of the pancake. Once the edges of the pancake start to dry up and you can see the middle start to bubble, flip the pancake over with a spatula. Cook until it is browned on both sides. Stack the finished pancake on a plate in a warm oven and repeat the above process until you run out of batter.

Serve hot with butter and syrup.

*Source: Four Dollar Meals, Good and Cheap*



## TIP:

*Top with blueberries, raspberries, or strawberries for a blast of antioxidants.*



## 2.4 CREAMY RICE PUDDING

*Serves 4*



### Ingredients:

2 cups cooked rice\*  
1 ½ cups water  
1 cup skim milk powder  
½ cup white sugar  
¼ cup raisins or berries  
½ tsp cinnamon  
¼ tsp salt  
½ tsp vanilla  
Cinnamon for garnish

### TIP:

*A perfect way to use leftover cooked rice.  
Use raisins for an energy dense version  
and fresh berries for a lighter version.*

*\*If you don't have cooked rice, put 1 cup rice and 1 tsp salt in 2 cups of water into a medium saucepan. Turn heat to high and bring to a boil. Turn heat to low and cover. Let rice simmer, covered, until rice is tender and all water is absorbed (about 20 mins).*

### Instructions:

Put rice, water, skim milk powder, sugar, raisins or berries, cinnamon and salt into a medium saucepan. Mix well.  
Turn stove on to low heat. Cook and stir until pudding is creamy. This will take about 20 minutes  
Stir in vanilla. Sprinkle with additional cinnamon.  
Serve warm.

*Source: Four Dollar Meals, Good and Cheap*





## 2.5 CHOCOLATE CHERRY BREAKFAST SMOOTHIE

*Serves 2*



All the rich decadence of chocolate-covered cherries without the added sugar. Enjoy this smoothie as a light yet creamy chocolate breakfast with just the perfect fruity hint. This smoothie doesn't skimp on fiber either thanks to the added spinach.

### **Ingredients:**

2 cups frozen dark cherries  
1 tablespoon unsweetened cocoa powder  
6 oz. unsweetened, original almond milk  
2 cups spinach

### **Instructions:**

To a high-speed blender, add cherries, cocoa powder, almond milk, and spinach.

Blend on high until smooth, scraping down sides as needed. If smoothie is too thick, add more milk to thin. If too thin, add more cherries.

## TIP:

*Smoothies are a versatile, convenient way to get lots of vitamins and minerals. Make a large batch and freeze in mason jars for later in the week.*







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GRAB AND GO



## 3.1 CREAMY AVOCADO BANANA GREEN SMOOTHIE

*Serves 2*



Prep Time: 5 minutes | Total Time: 5 minutes |  
Freezer-friendly: 2 Weeks

### Ingredients:

1 large frozen banana (*sliced*)  
1/4 - 1/2 medium ripe avocado (*more avocado = creamier, thicker smoothie*)  
1 scoop plain or vanilla protein powder  
1 large handful of greens of choice (*spinach, kale, rainbow chard, etc.*)  
3/4 - 1 cup milk (*or any unsweetened dairy-free milk*)

### Add-Ins (optional)

1 tbsp seed of choice (*hemp, flax, sesame, sunflower, chia, etc.*)  
1/2 cup sliced frozen (*or fresh*) cucumber or berries

### Instructions:

To a high-speed blender, add frozen banana, avocado, protein powder, greens, and milk. And any desired add-ins, such as seeds, or additional fruits and vegetables.

Blend on high until creamy and smooth, scraping down sides as needed. If smoothie is too thick, add more dairy-free milk to thin. If too thin, add more frozen banana or avocado.

Best when fresh. Keep covered in the fridge up to 24 hours or in the freezer up to 2 weeks.



## TIP:

*In place of protein powder you can use skim milk powder, Greek yogurt, nut butter or hemp seeds for a protein boost.*



## 3.2 BERRY BREAKFAST PARFAIT

Serves 2



### Ingredients:

2 cups plain Greek yogurt  
1 ½ cups sliced strawberries  
1 pint fresh blueberries  
Honey, optional  
Cinnamon, optional

### TIP:

*Add hemp hearts, walnuts or chia seeds for heart healthy omega 3 fats.*

### Instructions:

In mason jars or bowls, begin layers with ¼ cup of Greek yogurt, followed by a layer of strawberries and then blueberries. Repeat layering process until yogurt and berries are gone. If desired, add a drizzle of honey and sprinkling of cinnamon to each yogurt layer before adding berries.

Store any uneaten parfaits covered in fridge for up to two days

Source: <https://foodfitnessfaithblog.wordpress.com/2013/07/03/double-berry-breakfast-parfaits/>

## 3.3 PEANUT BUTTER & BANANA ROLL UPS

Serves 2



### Ingredients:

1/4 cup peanut butter  
2 whole wheat flour tortillas (8 inch)  
1/4 cup low-fat granola  
2 bananas

### TIP:

*Select straighter bananas to make rolling up easier. If you don't have a tortilla, use a piece of whole wheat bread and flatten it with a rolling pin.*

### Instructions:

Spread peanut butter evenly over each tortilla. Sprinkle with granola.

Place a banana in the center of each tortilla. Fold in opposite sides; roll up burrito-style. Cut in half to serve.

Source: <https://www.readyseteat.com/recipes-Peanut-Butter-and-Banana-Roll-Ups-6788>



## 3.4 FRIED EGG & AVOCADO TOAST

Serves 1



Prep time: 5 min | Cook time: 5 min | Total time: 10 min

### Ingredients:

2 eggs (*fried sunny side up*)  
2 slices of bread (*toasted*)  
1 small avocado  
1 tsp lime juice  
Sea salt + black pepper  
Parsley (*optional for garnish*)

### Instructions:

Prepare toast and fried eggs to personal preference.  
Peel and mash avocado with the lime juice, salt and pepper.

Spread avocado evenly on each slice of toast, then top with a fried egg and additional seasonings you prefer.

Serve immediately.

Source: <http://simplegreenmoms.com/skinny-fried-egg-avocado-toast/>



## 3.5 RICOTTA PEAR & HONEY TOAST

Serves 2



### Ingredients:

1/3 cup whole-milk ricotta  
1/2 teaspoon finely grated orange zest  
Pinch of salt  
2 teaspoons honey, plus more for drizzling  
2 slices multigrain bread, toasted  
1 medium Bartlett pear, thinly sliced  
3 tablespoons unsalted, roasted, sliced almonds

### Instructions:

Combine ricotta, orange zest, salt, and 2 tsp honey in a small bowl. Divide mixture evenly in half. Spread ricotta mixture onto toast. Top with pear, drizzle with honey, and sprinkle with almonds.

Source: <https://www.bonappetit.com/recipe/ricotta-toast-pears-honey>

## TIP:

This is also great with maple syrup; you can use any kind of pear or apple, too.





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**BATCH COOKING/  
FREEZER FRIENDLY**



## 4.1 GOLDEN BLUEBERRY PANCAKES

*Serves 4-6*



### Ingredients:

- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 tbsp sugar
- 1 tbsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 3 eggs
- 2 ½ cups milk
- ½ cup plain yogurt
- ¼ cup vegetable oil
- 2 cups fresh or frozen blueberries
- 1 tsp soft margarine or butter



### Instructions:

In large bowl, whisk together all-purpose and whole wheat flours, sugar, baking powder, baking soda and salt. In a separate bowl, whisk eggs, milk, yogurt and oil; pour over dry ingredients and sprinkle with blueberries. Stir gently just until combined. A few lumps should remain.

In a large non-stick frying pan over medium heat, melt margarine or butter. Ladle about ¼ cup batter per pancake into frying pan. Cook for about 2 minutes or until bubbles break in batter; turn and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning.

Source: <https://www.york.ca/wps/wcm/connect/yorkpublic/d88c6f1c-23dc-47c3-a7ab-402e9925d036/Cooking+up+some+fun!.pdf?MOD=AJPERES>

## TIP:

*To add more fibre, top your pancakes with additional fruit such as strawberries, blueberries or bananas.*



## 4.2 CHOCOLATE ZUCCHINI MUFFINS

*Makes 24 small muffins*



### Ingredients:

2 cups grated zucchini  
1 ½ cups all purpose flour  
1 ½ cup oats  
½ cup cocoa powder  
1 ½ cups sugar  
1 tbsp cinnamon  
2 tsp baking soda  
1 tsp salt  
4 eggs  
1 cup plain yogurt  
½ cup dark chocolate chips (*optional*)



### Instructions:

Preheat oven to 350°F

Cut off the round end of the zucchini (*which is a little tough*) but keep the stem to use as a handhold. Shred the zucchini with a box grater, stopping when you get to the stem.

Butter or oil 24 muffin tins, or line them with muffin cups

Measure the dry ingredients (*flour, oats, cocoa powder, sugar, cinnamon, baking soda, and salt*) into a medium bowl.

Mix the zucchini, eggs, and yogurt in a larger bowl. Add the dry ingredients, then mix until everything is just combined. Add the chocolate chips if you're using them, then stir once.

With a spoon, dollop the batter into the muffin tins until each cup is about  $\frac{3}{4}$  full and bake for 20 minutes.

Take the muffins out of the oven and poke with a toothpick or knife. If it comes out wet, bake the muffins for 5 more minutes.

Let the muffins cool in their tins for 20 to 30 minutes, then eat them warm!

*Source: Four Dollar Meals, Good and Cheap*



## 4.3 BANANA MUFFINS

*Makes 12 muffins*



### Ingredients:

½ cup all-purpose flour  
½ cup whole wheat flour  
2 tsp baking powder  
¼ tsp baking soda  
¾ cup rolled oats  
½ cup white sugar  
¼ cup lightly packed brown sugar  
2 ripe bananas  
1 egg  
½ cup milk  
3 tbsp vegetable oil



### Instructions:

Preheat oven to 375°F.

Put the all-purpose flour, whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, white sugar and brown sugar. Set aside.

Mash bananas in a medium bowl. Add egg, milk, and oil. Mix well. Stir banana mixture into the dry ingredients until blended. Do not overmix.

Spoon into non-stick or paper-lined muffin pan, filling almost to the top.

Bake in oven until tops are firm when lightly touched, about 15-20 minutes. Remove muffins from the tin and cool.

Source: <https://www.york.ca/wps/wcm/connect/yorkpublic/d88c6f1c-23dc-47c3-a7ab-402e9925d036/Cooking+up+some+fun!.pdf?MOD=AJPERES>

## TIP:

*Have extra ripe bananas? Double the batch and freeze or peel the bananas, freeze them and use them for smoothies!*



## 4.4 NO BAKE ENERGY BITES

*Makes 24 energy bites*



### Ingredients:

- 1 cup old-fashioned oats
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

### Instructions:

Combine oats, peanut butter, ground flax seed, chocolate chips, honey, chia seeds, and vanilla extract together in a bowl. Cover and chill dough in the refrigerator 30 minutes.

Remove dough from refrigerator; roll into balls, about 1 inch in diameter.

Refrigerate for up to 1 week or freeze.

Source: <https://www.gimmesomeoven.com/no-bake-energy-bites/>





## 4.5 PEANUT BUTTER PROTEIN PANCAKES

*Makes 18 (4 inch) pancakes*



Prep Time: 5 mins | Cook Time: 10 mins | Total Time: 15 mins

These Whole Wheat Peanut Butter Protein Pancakes will satisfy your craving for comfort food (*in a healthy way!*) and keep you feeling full all morning long!

### Ingredients:

- 2 large eggs
- 1 3/4 cups milk of choice
- 1 cup nonfat plain Greek yogurt
- 2 teaspoons vanilla extract
- 1/2 cup natural creamy peanut butter
- 2 cups whole wheat flour
- 1 tablespoon brown sugar (*optional*)
- 2 teaspoons baking powder
- 1/4 teaspoon salt

### Instructions:

Preheat griddle or skillet to medium heat.

Combine the eggs, milk, Greek yogurt and vanilla extract together in a bowl until well blended. Whisk in peanut butter.

In a separate bowl, sift together the flour, sugar (*if using*), baking powder and salt. Slowly add the dry ingredients to the wet ingredients, whisking until the dry ingredients are incorporated into the wet ingredients.

Taking 1/4 cup at a time, pour the pancake batter onto the griddle. Cook until the edges are set and they are golden brown on the bottom, about 3 minutes. Flip pancakes and cook on the other side until golden, another 2 minutes. Continue until you have used all the batter. Serve topped with melted peanut butter, maple syrup and/or fresh fruit (*eg. banana slices*).

Source: <http://www.yourchoicenutrition.com/peanut-butter-protein-pancakes/?fref=gc>

