

## **“A healthy, quality protein breakfast in minutes”**

**URBANDALE, IOWA** – Bored with the same old breakfast day in and day out? We can help you bring your breakfast back to life, and have you looking forward to breakfast again!

The protein pancake is fast, easy, delicious and nutritious. It is packed full of the highest quality protein at the LEAST cost per serving...eggs! All you will need is 2 ingredients (yes 2), eggs and oatmeal. Place 1/3 C. old-fashioned oats, 1 large egg and 4 egg whites in blender and blend until the oats are ground. Pour the mixture into a medium heat skillet and cook for 2-3 minutes on each side, and you will have yourself a healthy, quality protein breakfast in minutes. With only 235 calories, 6.5 grams of fat, 24 grams of protein, 16 grams of carbs and 2.5 grams of fiber you will find this to be a guilt free breakfast you keep coming back to.

The possibilities are endless with the protein pancake. Add a tablespoon of almond butter for added fat and fiber, sliced bananas and strawberries for added carbs, chocolate chips if you are feeling a little naughty and top with sugar-free maple syrup or agave nectar.

For this and more recipe ideas visit [www.iowaegg.org](http://www.iowaegg.org)