

Apple Oatmeal Pancakes

Breakfast



Nutrition Facts

Servings per Recipe: 9
Serving Size: 1 pancake

Calories per Serving: 80
Total Fat: 2.5g
Saturated Fat: 0g
Cholesterol: 25mg
Sodium: 120mg
Total Carbohydrate: 12g
Dietary Fiber: 1g
Sugars: 4g
Protein: 3g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 6%
%DV Iron: 4%

Gather Ingredients:

- 1 egg
- 2/3 cup oatmeal
- 1/3 cup white flour
- 1 cup skim milk or nonfat dry milk
- 1 tablespoon sugar substitute
- 1 tablespoon canola oil
- 1 tablespoon baking powder
- 1 cup chopped apples

Steps:

1. Mix liquid ingredients together. Add dry ingredients and mix well.
2. Add apples, stir until apples are mixed throughout batter.
3. Heat skillet on medium heat and spray with vegetable spray.
4. Cook pancakes until puffy and dry around edges.
5. Turn and cook other side until golden brown.

Baked Oatmeal

Breakfast

Tips:

This is a great recipe for company or as a “make ahead” breakfast for a busy week.

Squares can be crumbled into bowl and re-heated in the microwave. Top with skim milk.

Gather Ingredients:

½ cup Smart Balance (or other trans-fat free margarine)
3 cups old fashioned oats
½ teaspoon salt
½ cup packed brown sugar
2 teaspoons baking powder
2 egg whites or ½ cup egg substitute
1 cup skim milk

Nutrition Facts

Servings per Recipe: 9
Serving Size: 1/9

Calories per Serving: 280
Total Fat: 6g
Saturated Fat: 2g
Cholesterol: 5mg
Sodium: 310mg
Total Carbohydrate: 48g
Dietary Fiber: 6g
Protein: 10g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 15%
%DV Iron: 15%

Steps:

1. Combine all ingredients and stir until well mixed.
2. Pour into 8x8 inch square baking dish that has been sprayed with non-fat vegetable spray.
3. Bake at 350 degrees for 40 minutes. Serve warm, topped with skim milk.

Banana Oatmeal Bread

Breakfast

Tips:

- ✓ Adding cinnamon will enhance the banana flavor. One to 2 teaspoons should do the trick!

Gather Ingredients:

- 1 1/4 cup all purpose flour
- 1/2 cup unpacked brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 3 teaspoons canola oil
- 1 large egg, beaten
- 2 medium egg whites, beaten
- 3 large bananas, ripe
- 1 cup uncooked old fashioned oats

Nutrition Facts

Servings per Recipe: 10
Serving Size: 1/10 of loaf

Calories per Serving: 204

Total Fat: 3g

Saturated Fat: .5g

Cholesterol: 21mg

Sodium: 213mg

Total Carbohydrate: 39g

Dietary Fiber: 3g

Protein: 6g

%DV Vit A: 1%

%DV Vit C: 4%

%DV Calcium: 2%

%DV Iron: 23%

Steps:

1. Preheat oven to 350 degrees F. In a large bowl, stir together dry ingredients. Add oil and eggs; mix thoroughly.
2. In a smaller bowl, mash bananas with potato masher or fork. Add to oatmeal batter.
3. Spray a 9X5 loaf pan with cooking spray. Pour batter into pan and bake until top of loaf is firm to touch, 45 – 55 minutes. Remove from oven and cool in pan for 5minutes. Remove from pan and cool on a wire rack for another 10 minutes.
4. Prep time 10 minutes, cook time 50 minutes

Berry Delicious Parfait

Breakfast

Tip:

A sweet treat with lots of health benefits. This easy recipe is high in fiber, antioxidants and calcium. Can be eaten for breakfast or a snack.

Gather Ingredients:

- 1-6 ounce container, 100 calorie vanilla Yogurt
- ½ cup Fiber One cereal, or other high fiber cereal
- ½ cup blueberries or other berries



Nutrition Facts

Servings per Recipe: 2
Serving Size: ½ of Recipe

Calories per Serving: 80
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 125mg
Total Carbohydrate: 21g
Dietary Fiber: 8g
Sugars: 6g
Protein: 5g

%DV Vit A: 0%
%DV Vit C: 10%
%DV Calcium: 10%
%DV Iron: 15%

Steps:

1. Combine all ingredients in a small bowl.
2. Mix well.
3. Let set for about 5-10 minutes. Enjoy!

Beef Sausage

Tip:

Making your own sausage lets you control the amount of fat and salt. Regular sausage has 16g of fat per serving and this version has only 5g!

Gather Ingredients:

8 ounces lean ground beef
1 teaspoon dried Italian seasoning
1 tablespoon ground sage
½ teaspoon fennel seed (optional)
1/8 teaspoon salt
1 egg white

Breakfast

Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ of Recipe

Calories per Serving: 98
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 35mg
Sodium: 110mg
Total Carbohydrate: 0g
Dietary Fiber: 0g
Sugars: 0g
Protein: 11g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 6%

Steps:

1. Combine all ingredients in a small bowl.
2. Mix well.
3. Shape mixture into four equal patties.
4. Chill at least one hour.
5. Coat a large skillet with non-stick cooking spray.
6. Place over medium heat and add the patties.
7. Cook about 5 minutes on each side, or until no longer pink.
8. Drain on paper towels.

Breakfast Burrito

Tip:

This easy morning treat is both good tasting and good for you. These lowfat burritos are loaded with all kinds of potential cancer fighting agents such as soy protein based sausage, vitamin A & C packed peppers and 4+ grams of fiber.

Compare these to their McDonald's counterpart:

Our breakfast burrito:	McDonald's:
Calories:210	Calories: 292
Total fat: 4 grams	Total fat: 16 grams

Gather Ingredients:

¾ cup egg substitute
 1 Boca or Morningstar soy sausage
 ¼ cup chopped peppers (red, green, yellow)
 Mrs. Dash, spicy seasoning
 Black pepper
 2 fat free wheat tortillas
 Salsa, optional

Breakfast

Nutrition Facts

Servings per Recipe: 2
Serving Size: 1 burrito

Calories per Serving: 210
 Total Fat: 4g.
 Saturated Fat: 0.5g
 Cholesterol: 0mg
 Sodium: 540mg
 Total Carbohydrate: 26g
 Dietary Fiber: 6g
 Sugars: 1g
 Protein: 20g

%DV Vit A: 40%
 %DV Vit C: 20%
 %DV Calcium: 6%
 %DV Iron: 20%

Steps:

1. Spray skillet with vegetable spray. Saute peppers and brown sausage together in skillet.
2. Add egg substitute, Mrs. Dash and black pepper. Scramble eggs and Mrs. Dash & peppers & sausage until eggs are glossy.
3. Place ½ egg mixture in tortilla with salsa and roll into a burrito.



Easy French Toast

Breakfast

Tip:

Syrups have high amounts of sugar and calories with little nutritional value. So, if you must use syrup, try to substitute a sugar-free syrup or lite syrup in your recipe. Sugar-free and lite syrups are not carbohydrate-free, and still contain minimal nutritive value, but they usually have fewer calories than regular syrup.

A great substitution for syrup when sweetening breakfast foods is to use frozen berries, such as blackberries, blueberries, raspberries, or strawberries. Heat a small dish of berries in the microwave-when the berries are heated, use the sweet juice and berries as your sweetener. Put a few tablespoons over your breakfast item, like French Toast, and you'll increase the sweetness as well as the nutritional value of your meal.

Nutrition Facts

Servings per Recipe: 4
Serving Size: 2 slices toast

Calories per Serving: 198

Total Fat: 2g

Saturated Fat: 0.5g

Cholesterol: 1mg

Sodium: 410mg

Total Carbohydrate: 33g

Dietary Fiber: 3.5g

Sugars: 13g

Protein: 13g

%DV Vit A: 3%

%DV Vit C: 0%

%DV Calcium: 10%

%DV Iron: 11%

Gather Ingredients:

4 eggs or 8 egg whites* or 1 cup egg substitute

1 cup skim milk

8 slices of whole wheat (or whole-grain) bread

Non-stick vegetable spray

4 Tablespoons lite (or sugar-free) syrup*

Steps:

1. Crack eggs or measure out egg substitute in bowl.
2. Measure out milk and add. Beat well with fork.
3. Pour into shallow pan. Dip bread slice in one at a time. Coat both sides.
4. Spray skillet with non-stick spray. Heat skillet over medium-high heat.
5. Put dipped bread in skillet. Do not crowd. Brown both sides.
6. Top with 1 tablespoon of warm sugar-free syrup.
7. Leftover can be refrigerated or frozen.

*Nutrient analysis performed using egg whites and lite syrup.

Fabulous Fruit Spread

Breakfast

Tips:

Breakfast is a most important meal. It kick-starts your metabolism and gives your body energy to fuel your daily activities. Breakfast does not have to be the “traditional” time-consuming American meal with bacon and eggs, biscuits and gravy, or a stack of pancakes. It can be lighter and quicker...it just needs to be eaten!

Quick breakfasts can include breads and spreads, fruit, nuts, cereal and milk, or even leftovers from last night’s dinner! Even a slice of pizza can break your fast! Something is far better than nothing...but it is always heart smart to choose foods with lower fat levels whenever possible (pineapple and ham rather than pepperoni on the pizza), and watch portion size (don’t eat half the pizza).

Nutrition Facts

Servings per Recipe: 20
Serving Size: 2 tablespoons

Calories per Serving: 44
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 7mg
Sodium: 71 mg
Total Carbohydrate: 4 g
Dietary Fiber: 0.5g
Sugars: 0g
Protein: 3 g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Gather Ingredients:

- 1 cup (8 ounces) fat free cottage cheese
- 1 package (8 ounces) reduced fat cream cheese, cubed
- 1 tablespoon orange juice
- ½ teaspoon grated orange peel
- ½ cup assorted dried fruit, chopped
- Toast or English muffins

Steps:

1. In a food processor combine the first four ingredients; cover and process until smooth.
2. Stir in fruit.
3. Spread on toast or English muffins. Store leftovers in the refrigerator.

Fall Fruit Compote

Breakfast

Tips:

- ✓ Can be served warm or cold
- ✓ Try swirling it in oatmeal
- ✓ Use as a side dish with pork or chicken

This recipe courtesy of Weight Watchers

Gather Ingredients:

2 medium apples diced into ½ inch pieces
1/3 cup orange juice, freshly squeezed
3 medium pears diced into ½ inch pieces
½ cup dried cranberries
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
½ cup water
1 teaspoon orange zest
1 medium orange, sectioned and pits removed

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/2 cup

Calories per Serving: 122
Total Fat: less than 1g
Saturated Fat: 0
Cholesterol: 0
Sodium: 2mg
Total Carbohydrate: 32g
Dietary Fiber: 5g
Protein: less than 1g

%DV Vit A: 1%
%DV Vit C: 33%
%DV Calcium: 2%
%DV Iron: 5%

Steps:

1. Combine 1 diced apple, orange juice, 1 diced pear, ¼ cup cranberries, cinnamon, and ginger in a medium pot over medium heat. Cook until liquid almost evaporates, stirring occasionally – about 15 minutes.
2. Add remaining apple, 1 diced pear and ½ cup water; cook until the apple is just tender – about 8 minutes. Add orange zest, orange sections, and remaining pear and cranberries. Cook until heated through, stirring occasionally – about 2 – 3 minutes.
3. Prep time 20 minutes. Cooking time 25 minutes.

Go Nuts Yogurt

Go nuts over this quick and easy twist to yogurt.



Breakfast

Nutrition Facts

Servings per Recipe: 1

Serving Size: 1

Calories per Serving: 110

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 135mg

Total Carbohydrate: 14g

Dietary Fiber: 0g

Sugars: 7g

Protein: 8g

%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 25%

%DV Iron: 0%

Gather Ingredients:

1 (6-8) ounce sugar free, nonfat vanilla yogurt

1 teaspoon chopped pecans

Dash of cinnamon

Steps:

1. Sprinkle pecans and cinnamon over yogurt.

Ham & Egg Muffins

Breakfast

Tip:

Fast food breakfasts such as bacon, egg & cheese biscuits or sausage biscuits are often extremely high in fat, calories, and sodium.

Try staying at home a few minutes (rather than waiting in the drive-thru) to save yourself a few calories.

Compare the following to see the difference with our recipe:

McDonald's® Bacon, Egg, & Cheese Biscuit:

Calories: 460
 Fat: 28g
 Sodium: 1370mg

McDonald's® Sausage McMuffin® with Egg:

Calories: 450
 Fat: 28g

Nutrition Facts

Servings per Recipe: 4
 Serving Size: 1/2 muffin

Calories per Serving: 156
 Total Fat: 3.5g
 Saturated Fat: 1g
 Cholesterol: 111mg
 Sodium: 514mg
 Total Carbohydrate: 18g
 Dietary Fiber: 1g
 Sugars: 3g
 Protein: 12g

%DV Vit A: 5%
 %DV Vit C: 0%
 %DV Calcium: 12%
 %DV Iron: 9%

Gather Ingredients:

- | | |
|---|--|
| 1 cup skim milk | 2 English muffins, split |
| 1 tablespoon cornstarch | 4 thin slices, cooked, 97% fat free ham |
| ¼ teaspoon salt | 2 eggs, plus 4 egg whites, slightly beaten |
| 1/8 teaspoon coarsely ground black pepper | Non-stick cooking spray |

Steps:

1. Prepare white sauce in small saucepan: Dissolve cornstarch in milk; heat over medium heat, stirring constantly, until thickened; add salt and pepper, remove from heat and cover to keep warm.
2. Toast English muffins.
3. Cook ham in skillet over medium heat until brown on both sides (or heat in microwave).
4. Spray non-stick skillet with cooking spray. Heat over medium heat until drops of water bounce when sprinkled on skillet. Pour eggs into skillet. As mixture begins to set at bottom and sides, gently lift portions with spatula so that the uncooked portion can flow underneath. Cook 2-4 minutes or until thickened throughout, but still moist.
5. Place slice of ham on each muffin half. Top with eggs. Spoon white sauce over eggs.

Lemon Blueberry Muffin

Tips:

- ✓ Using Splenda in place of sugar in this recipe can reduce the calories and total carbohydrate per muffin to: 150 calories, 28g Total Carbohydrate

Gather Ingredients:

- 1-3/4 cup Oats (quick or old fashioned, uncooked), divided
- 2 tablespoons firmly packed brown sugar
- 1 cups all-purpose flour (add an additional 2 tablespoons if using old fashioned oats)
- 1/2 cup granulated sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt (optional)
- 1 cup skim milk
- 2 egg whites, lightly beaten
- 2 tablespoons vegetable oil
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla
- 1 cup fresh or frozen blueberries (do not thaw)

Breakfast

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1 muffin

Calories per Serving: 210
Total Fat: 4g
Saturated Fat: .5g
Cholesterol: 0mg
Sodium: 125mg
Total Carbohydrate: 36g
Dietary Fiber: 3g
Sugars: 13g
Protein: 6g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 10%

Steps:

1. Heat oven to 400 degrees F. Line 12 medium muffin cups with paper baking cups. For topping, combine 1/4 cup oats and brown sugar; set aside.
2. For muffins, combine 1 1/2 cups oats and remaining dry ingredients in large bowl; mix well. In small bowl, combine milk, egg whites, oil, lemon peel and vanilla; mix well.
3. Add to dry ingredients; stir until moistened. Gently stir in berries. Fill muffin cups almost full; sprinkle with topping.
4. Bake 20-24 minutes or until light golden brown. Cool muffins in pan on wire rack for five minutes; remove from pan. Serve warm.

Multi-Grain Buttermilk Pancakes

Breakfast

Tip:

Starting each day with a high fiber breakfast is very important for good health. The National Weight Loss Registry lists having breakfast as one of the tips for successful weight management. The recommended daily intake for dietary fiber in adults is 25-30 grams per day. Most Americans get less than half of that each day.

Gather Ingredients:

2 cups whole-wheat flour
½ cup wheat germ
¼ cup oats
1 teaspoon baking soda
1 teaspoon salt
2 eggs
3 cups low-fat buttermilk

Nutrition Facts

Servings per Recipe: 8
Serving Size: 2 small

Calories per Serving: 180
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 50mg
Sodium: 550mg
Total Carbohydrate: 31g
Dietary Fiber: 5g
Protein: 10g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 10%
%DV Iron: 10%

Steps:

1. Stir together all dry ingredients.
2. In a separate bowl, beat the eggs lightly and combine with milk.
3. Add the egg/milk mixture to the dry ingredients. Stir until well mixed.
4. Drop batter onto hot griddle or skillet that has been prepared with non-fat vegetable cooking spray. Pancakes should be 4 inches in diameter.
5. Cook over medium heat, turning once after bubbles appear on the surface.
6. Serve with sugar-free syrup and/or fresh fruit.

Nut and Fruit Breakfast Bites

Breakfast

Tips:

- ✓ Try substituting Splenda or Splenda Blend for the sugar to reduce the total amount of sugar
- ✓ Pair one of two of these crunchy, chewy bites with nonfat yogurt or a piece of fruit and you've got a great "to go" breakfast

Gather Ingredients:

1/3 cup reduced-calorie margarine, soft
1/3 cup sugar
1/4 cup honey
1/2 teaspoon ground cinnamon
1 1/4 cup dried mixed fruit, such as raisins, apples, and cranberries
1 cup quick oats
1 3/4 cup uncooked old fashioned oats
1/4 cup chopped walnuts

Nutrition Facts

Servings per Recipe: 16
Serving Size: 1/16 of recipe

Calories per Serving: 137
Total Fat: 3g
Saturated Fat: .4g
Cholesterol: 0mg
Sodium: 42mg
Total Carbohydrate: 26g
Dietary Fiber: 2.5g
Protein: 2g

%DV Vit A: 6%
%DV Vit C: 1%
%DV Calcium: 1%
%DV Iron: 12%

Steps:

1. Combine margarine, sugar and honey in saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil for 1 minute. Remove from heat; stir in remaining ingredients.
2. Press mixture into the bottom of a 9-inch square baking pan coated with cooking spray. Allow to cool and then cut into 16 pieces. Store in a covered container in the refrigerator.

Oat Bran and Dried Fruit Muffins

Breakfast

Tips:

- ✓ Dried fruit adds sweetness and a chewy texture

Gather Ingredients:

- 1 1/4 cup dried mixed fruit, coarsely chopped
- 3/4 cup uncooked oat bran
- 1 tablespoon all-purpose flour
- 5 teaspoons baking powder
- 1 cup fat-free skim milk
- 2 large egg whites
- 3/4 large banana, or 1 medium, mashed
- 1 cup old fashioned oats
- 1/2 cup all-purpose flour
- 3 tablespoons packed light brown sugar
- 1 teaspoon ground cinnamon
- 1/4 cup orange juice, fresh
- 2 tablespoons vegetable oil
- 2 teaspoons orange zest

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1 muffin

Calories per Serving: 176
Total Fat: 3g
Saturated Fat: <1g
Cholesterol: <1mg
Sodium: 227mg
Total Carbohydrate: 36g
Dietary Fiber: 4g
Protein: 5g

%DV Vit A: 6%
%DV Vit C: 5%
%DV Calcium: 14%
%DV Iron: 24%

Steps:

1. Preheat oven to 400 degrees F. Spray a 12 cup muffin pan with nonstick spray or line with paper liners.
2. Combine the dried fruit, rolled oats, oat bran, flour, banana, brown sugar, baking powder, and cinnamon in food processor. Pulse until the mixture is just blended, then transfer to a bowl.
3. Combine the milk, orange juice, egg whites, oil, and orange zest in another bowl. Add the milk mixture to the dried fruit mixture; stir just until blended. Spoon into cups, filling about two-thirds full.
4. Bake until surface of muffins are golden brown and spring back when lightly pressed, or until a toothpick inserted in a muffin comes out clean – about 15 minutes. Remove from the pan and cool on a rack for 10 minutes before serving. Store in an airtight container at room temperature for up to 3 days.

Recipe courtesy of *Great Cooking Every Day* by Weight Watchers and The Culinary Institute of America.

Six Weeks Bran Muffins

Tips:

- ✓ Using Splenda Blend reduces calories to 102 per muffin
- ✓ Using egg substitute reduces cholesterol to .59 grams

Gather Ingredients:

1 15 ounce box Raisin Bran Cereal
3 cups sugar
5 cups flour
5 teaspoons baking soda
2 teaspoons salt
1 cup canola oil
1 quart buttermilk, low fat
4 eggs, beaten

Breakfast

Nutrition Facts

Servings per Recipe: 72
Serving Size: 1 muffin

Calories per Serving: 119
Total Fat: 3.6g
Saturated Fat: less than 1g
Cholesterol: 12.3mg
Sodium: 205mg
Total Carbohydrate: 20g
Dietary Fiber: 1g
Protein: 2.2g

%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 2%
%DV Iron: 11%

Steps:

1. Preheat oven to 400 degrees. Mix dry ingredients together in very large bowl.
2. Add eggs, oil, and buttermilk and mix well to moisten all ingredients.
3. Store batter in airtight container in refrigerator for up to six weeks.
4. Bake as few or as many as you like at a time. Bake in preheated oven for approximately 15 minutes, in paper lined muffin tin.

Vegetable Frittata

Breakfast

Tip:

- ✓ To get your 5-9 fruits and vegetables start with breakfast.
- ✓ Vegetables can be added to omelets, egg casseroles, breakfast burritos, etc.
- ✓ Include fresh fruit or canned fruit (in its own juice) on the side.

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 cup

Calories per Serving: 150
Total Fat: 4.5g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 240mg
Total Carbohydrate: 17g
Dietary Fiber: 2g
Sugars: 6g
Protein: 13g

%DV Vit A: 8%
%DV Vit C: 70%
%DV Calcium: 4%
%DV Iron: 2%

Gather Ingredients:

- 1 teaspoon olive oil
- 1 medium yellow onion, chopped
- 1 garlic clove, minced
- 1 green bell pepper, chopped
- 1 large baked potato, cooked and cubed
- 1 medium tomato, chopped
- 2 cups egg substitute
- 2 tablespoons grated Parmesan cheese
- ½ teaspoon fresh rosemary or oregano, or ¼ teaspoon dried
- Salt and ground pepper, to taste
- Spicy tomato salsa, optional

Steps:

1. Add olive oil to a large non-stick skillet; sauté onion, garlic and bell pepper until soft, about 3 minutes.
2. Combine egg substitute, cheese and seasonings.
3. Add potato and tomato to the skillet and immediately top with the egg mixture.
4. Cook over low heat until nearly cooked through; top should be slightly uncooked.
5. Transfer skillet under broiler for a minute or until top is done and slightly browned.
6. Remove frittata from skillet to a plate and serve with salsa.

White Gravy

Tip:

Using light margarine and skim milk really cut the unhealthy fat in gravy. You can enjoy this without feeling guilty!

Gather Ingredients:

2 tablespoons light margarine
¼ teaspoon salt
½ teaspoon pepper
2 tablespoons all-purpose flour
1 cup skim milk

Breakfast

Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ of Recipe

Calories per Serving: 60
Total Fat: 3g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 250mg
Total Carbohydrate: 6g
Dietary Fiber: 0g
Sugars: 3g
Protein: 3g

%DV Vit A: 8%
%DV Vit C: 0%
%DV Calcium: 8%
%DV Iron: 0%

Steps:

1. Melt light margarine in a non-stick skillet.
2. Add salt, pepper, and flour and stir with whisk to combine.
3. Add skim milk and continue stirring with whisk until smooth and thick.