



Pancake Benedict – by Paula Hendricks, Nutrition Consultant

I love a nice warm breakfast on the weekends that tastes great and provides me with the right amount of protein to keep my muscles burning fat throughout the day. Simple ingredients – simple dish. Great for dinner, too! Make the pancakes in advance, keep refrigerated and create a quick breakfast during the week, too.

Ingredients:

- One protein packet Natural Pancake Mix
- 2 slices Canadian bacon or other meat of your choice equal to 10 grams of protein
- 1 whole egg
- ½ T. butter
- Dash each salt and pepper
- 1 T. freshly grated Cheddar or Parmesan cheese



Instructions: Have all the ingredients prepared and ready before you start cooking.

1. Mix the pancake mix according to the box instructions. In a small frying pan, spray pan with a non-stick oil, heat and cook the pancake, about 2 minutes on each side. Place pancake on plate and top with 1 tsp. of butter.
2. In another sauté pan, add the Canadian or other meat and grill to warm, 1-2 minutes. Remove from pan and place on top of pancake. In same pan, add remaining butter and cook the egg sunny-side up.
3. Sprinkle top of egg with salt, pepper and cheese. Serve warm.

Variations: Add a cup of sautéed spinach or a freshly sliced tomato to the pancake stack.

Nutritional Value: Each serving contains approximately 260 calories, 34 grams of protein, 12 grams of fat and 7 grams of net carbohydrates.