Single-serving Oatmeal Pancakes

LIVE WELL UTAH
OATMEAL
PANCAKES
-FOR ONE-

No more leftover pancakes forgotten in the fridge! Try this single-serving oatmeal pancake recipe, and increase the recipe if you need to feed more people.

Here is a great single serving pancake recipe, packed with **protein** and **fiber** to keep you full all morning; ***and*** only **215 calories** for the entire batch!

This recipe uses only six ingredients, and you likely already have them in your pantry.

It is super simple to make, simply place all the ingredients in a bowl, and mix just until combined.

Then pre-heat your pan on medium-high heat with a little cooking spray to keep it from sticking.

Flip once the pancakes starts to set. Be careful not to overcook them; you don’t want the pancakes to get too dark and dry out.

All three pancakes are one serving, only 215 calories, 12.5 grams of protein and 3 grams of fiber!

Try avoiding sugary syrups and top your pancakes with yogurt and fresh fruit.

Oatmeal Pancakes

1 serving, 215 calories

Ingredients:

- 1 package instant oatmeal
- 1/4 cup flour (wheat flour preferred)
- 1 egg
- 1/4 cup milk (low-fat preferred)
- 1 tsp baking powder
- 1 tsp sugar
- dash cinnamon (optional)

Directions:

1. Place all six ingredients into a small mixing bowl.
2. Mix until just combined.
3. Pre-heat a skillet on medium-high with a little cooking spray to keep it from sticking.
4. Scoop batter into three medium-sized pancakes.
5. Flip when the bottom of the pancake is set and lifts easily. Repeat on other side.
6. Serve with yogurt and fresh fruit for a flavorful, fresh taste!

For more delicious recipes like this one visit http://kanecountyfoodsense.blogspot.com/

This article was written by Brittney Johnson, Certified Nutrition Education Assistant, USU Extension, Kane County

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Quick and Easy Mug Frittata

QUICK AND EASY MUG FRITTATA

LIVE WELL UTAH

Try this quick and easy mug frittata for a protein-packed breakfast.

Eggs are budget-friendly and packed with high quality protein, vitamins and minerals our bodies need. This single-serving mug frittata takes just 3 minutes to make and is perfect for any weekday meal, not just breakfast. Feel free to add additional mix-ins based on your preferences.

Ingredients:

- 2 eggs
- Cooking spray or oil of choice
  Salt and pepper, to taste
- Desired fruits or vegetables, sliced or chopped
- Salsa, if desired

Directions:

1. Grease mug with cooking spray or any type of oil.
2. Fill mug with desired fruit and/or vegetables and crack both eggs into mug.
3. Add salt and pepper to mug and mix all ingredients together.
4. Microwave for 2 minutes.
5. Flip mug over onto plate and top frittata with salsa, if desired.

This recipe article was written by Kali Anderson, Extension Intern for Utah County. Recipe adapted from: https://eatteachlaughcraft.com/food/three-minute-omelette-recipe/

Whole Wheat Almond Toaster Waffles

WHOLE WHEAT ALMOND
TOASTER WAFFLES
LIVE WELL UTAH

Convenient and nutritious? It is possible with these tasty whole wheat toaster waffles.

My mornings are always super busy, and it can be hard to fit in a nutritious breakfast. Recently I've been obsessed with making homemade toaster waffles. On Sunday morning I make a big batch of waffles, freeze what we don't eat, and put the rest in the freezer. Then on weekdays, I grab one out, pop it in the toaster, and eat it on the run. Or, if I have a few minutes, I can sit and eat it with fresh fruit and syrup.

I love this recipe because it has a great nutty flavor and crisp, light texture. It really sticks with me! The whole-wheat flour means I am getting plenty of fiber and phytochemicals. The almond flour adds a wonderful nutty flavor, and some healthy fats, protein, and fiber. I hope you will try and it and let me know what you think!

Almond Whole Wheat Toaster Waffles

Makes 6 small waffles or 3 large waffles

Ingredients:

- 1 ½ cup whole wheat flour
- ½ cup almond flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 2 large eggs
- 1 ½ cup milk
- 1/3 cup canola oil

Directions:

1. In a large bowl, whisk together the dry ingredients

(whole wheat flour, almond flour, salt, baking powder, and sugar).
2. In a medium bowl, beat the two eggs, and then stir in the milk and oil.
3. Add the wet mixture to the dry ingredients and stir just until combined. It is okay if it is a little lumpy, and you don't want to stir too much or the waffles will be tough.
4. Cook the waffles using a waffle iron, according to the manufacturer's instructions.
5. Freeze the waffles flat on a cookie sheet and then transfer to a Ziploc bag and put back in the freezer.

Notes:

You might need to experiment a little to figure out how much batter to use in your iron to make waffles that fit in your toaster. In my iron (it makes thin waffles), I use about ¼ cup of batter and this makes a waffle of the right diameter to fit in my toaster.

I find almond flour in the natural section of my grocery store. If you can't find it, or it is too expensive, the waffles are really good without it too. If you leave out the almond flour, only use one egg.

This recipe is very flexible for people with food allergies or restrictions. Try using soy or almond milk instead of cows milk, substitute a gluten-free flour mixture for the whole wheat flour, or leave out the almond flour if you can't have nuts (only use 1 egg if you leave out the almond flour).

Right after you pour the batter into your waffle iron but before you close the lid, you can sprinkle in some chopped pecans if you like a little extra crunch in your waffle.

This article was written by Carrie M. Durward, PhD,

RD, Extension Nutrition Specialist and Assistant Professor

Recipe adapted from King Arthur Flour

Family Mealtime on Studio 5

MAKING
BREAKFAST
A FAMILY
MEALTIME
LIVE WELL UTAH
ON STUDIO 5

Join Live Well Utah blog editor Marta Nielsen as she talks with Brooke Walker of Studio 5 about Family Mealtime, and demonstrates some breakfast recipes from the Live Well Utah Cookbook, Family Mealtime Edition.

Did you see us on Studio 5? If you missed the show, you can watch the clip here. We have also posted the full recipes for the veggie frittata, granola, and overnight oats with all the variations.

Family Mealtime // Overnight

Oatmeal 3 Ways

Looking for a make-ahead breakfast to streamline your families morning routine? Try overnight oatmeal, and spend your morning eating together instead of scrambling to cook breakfast.

Family Mealtime // Crispy Granola 3 Ways

Family mealtime can be anytime- why not at breakfast? Mix up some delicious granola on the weekend for a fast and easy weekday family breakfast option. Use your family's favorite mix-ins, or try one of our suggested variations.

Family Mealtime // Veggie Frittata 3 Ways

Family Mealtime doesn't have to be dinner. Try this fast and easy frittata for a protein-packed breakfast that is sure to bring your family to the table. Use your favorite vegetables, or try one of our suggested flavor combos.

Easy Eats // Putting the “Fast” in Breakfast!

Start the day with healthy, filling and FAST nutrition!

The Breakfast Quest

If everyone knows that breakfast is the most important meal of the day, why do so many people skip it? The number one reason people don’t eat breakfast is because they are too busy or don’t have enough time.

While it’s true that mornings can be crazy and hectic, there are also ways to sneak breakfast in without having to sacrifice your snooze button.

These breakfast ideas from Eat Well Utah are wonderful for everyone, but they are especially great for kids in grade school and high school. Helping kids start their day off right will help them stay energized and happy throughout the day. They will even perform better in school!

To learn more about the benefits of breakfast and how you can make a nutritious morning meal in SECONDS, **click here**!

To help you start your breakfast quest, here is a delicious recipe that is fast, easy and sure to get you off on the right foot.

Freezer Breakfast Burritos

Directions

Boil or cook potatoes in the microwave until tender. Once cool cut into 1" cubes. Heat 1 tsp. oil in a large skillet. Add in the sausage, pepper, and onion and cook until sausage is cooked through, about 5-7 minutes. Add the potato and cook and additional 2 minutes. Remove from heat. In a medium bowl whisk the eggs and milk together. Add the remaining oil to a skillet. Over medium heat add the egg mixture and cook, stirring to scramble, until just cooked through. Remove from heat. Top a tortilla with sausage mixture, eggs, and sprinkle with cheese. Roll up into a burrito and place on a parchment-lined baking sheet. Repeat with remaining tortillas. Place the burritos in the freezer. Once frozen remove them from the baking pan and place them in a freezer bag. Freeze for up to 3 months. To reheat, microwave for 2 minutes or until warmed through.

Ingredients:

2 large russet potatoes
2 tsp. canola oil
½ lb. turkey sausage
1 bell pepper
1 small onion
12 large eggs
½ cup milk
8 oz. shredded cheddar cheese
20 whole wheat flour tortillas

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Click here for 4 more delicious and easy breakfast recipes!