

EGG WHITES ONLY

Chef Pachi | metabolize-it.com



RECIPE	HOW TO MAKE IT			
Whole Wheat Grape Nuts Pancakes	<ol style="list-style-type: none"> Place flour, oatmeal, cranberries, grape nuts, baking powder and salt in a bowl and mix with a fork. 	<ol style="list-style-type: none"> Place egg white, milk and vanilla in another bowl and mix. 	<ol style="list-style-type: none"> Pour liquids over solids and mix. 	<ol style="list-style-type: none"> Cook on an oil sprayed sauté pan or panini type grill over medium heat. Cook for 2 to 3 minutes per side. Serve with cheese and berries.
Whole Wheat Oatmeal Raisin Pancakes	<ol style="list-style-type: none"> Place flour, oatmeal, raisins, pecans, baking powder and salt in a bowl and mix with a fork. 	<ol style="list-style-type: none"> Place egg white, milk and vanilla in another bowl and mix. 	<ol style="list-style-type: none"> Pour liquids over solids and mix. 	<ol style="list-style-type: none"> Cook on an oil sprayed sauté pan or panini type grill over medium heat. Cook for 2 to 3 minutes per side. Serve with turkey bacon and fruit.
Whole Wheat Pancakes	<ol style="list-style-type: none"> Place flour, flaxseed, baking powder, cinnamon and salt in a bowl and mix with a fork. 	<ol style="list-style-type: none"> Place egg white, milk, honey and vanilla in another bowl and mix. 	<ol style="list-style-type: none"> Pour liquids over solids and mix. 	<ol style="list-style-type: none"> Cook on an oil sprayed sauté pan or panini type grill over medium heat.
Egg White Omelette	<ol style="list-style-type: none"> Lightly spray pan with olive oil and add the scallions, mushrooms, asparagus and tomato. Sprinkle with salt and pepper and cook over medium heat for 1 minute. 	<ol style="list-style-type: none"> Place white and milk in a bowl. Beat with wire whisk or with an immersion blender until slightly frothy, about 5 seconds. 	<ol style="list-style-type: none"> Pour in the white mixture and cook for 1 minute. Gently mix with a non-stick spatula or small spoon until almost all the veggies are in the center. Separate the sides of the egg from the pan and swivel to separate. Slide and turn, place over your serving dish and enjoy. 	<ol style="list-style-type: none"> Cook for 2 to 3 minutes per side. Serve with spread and fruit.
Oatmeal Mix	<ul style="list-style-type: none"> • 1 cup dried pears (dehydrated without sugar) • 1 cup dried apples (dehydrated without sugar) • 1 cup oats • 1 cup sliced almonds 		<ul style="list-style-type: none"> • ¾ teaspoon cinnamon • 1 tablespoon minced candied ginger • 1/8 teaspoon allspice 	
Mushroom Soufflé Egg-whites	<ol style="list-style-type: none"> Place egg white, milk, salt and pepper in a bowl. Beat with wire whisk or with an immersion blender until slightly frothy, about 5 seconds. Divide the mushroom slices and place into each of two muffin cups. Pour the egg white mixture over the mushrooms. 	<ol style="list-style-type: none"> Bake in a preheated toaster oven at 375 F for 7-10 minutes or until they sponge up and feel firm to the touch. 	<ol style="list-style-type: none"> With butter knife or small plastic utensil scrape the sides of the muffin tins and serve. 	
Spinach Soufflé Egg-whites	<ol style="list-style-type: none"> Place white, spinach, milk, salt and pepper in a bowl. Beat with wire whisk or with an immersion blender until slightly frothy, muffin cups. Divide the shredded cheese and place over the whites. 	<ol style="list-style-type: none"> Bake in a preheated toaster oven at 375 F for 7 minutes or until they sponge up and feel firm to the touch. 	<ol style="list-style-type: none"> With butter knife or small plastic utensil scrape the sides of the muffin tins and serve. 	
Egg White Flatcake	<ol style="list-style-type: none"> Place white, milk, salt and pepper in a bowl. Beat with wire whisk or with an immersion blender until mixed through. 	<ol style="list-style-type: none"> Lightly spray pan with olive oil and add the scallions. Cook over medium heat for 30 seconds. Pour in the white mixture and cook for 1 minute. Gently separate the sides of the egg from the pan and swivel to separate. Turn and cook for another minute. Serve. 	<ol style="list-style-type: none"> Dice and add to salads to increase protein. Serve with smoked salmon and toast. Dice into tuna salads. Mix with artichoke hearts, hearts of palm into small hors d'oeuvres. 	