



## Pancake

### Instructions:

Beat the egg whites and mix together with the oat bran and yogurt.

Coat a pan with 3 seconds of Pam and heat on a medium flame. Pour part of the mixture into the pan.

Cook until bubbles form on top of the pancake.

Flip the pancake and continue cooking until browned.

Repeat until you use up the batter. (Makes a few pancakes.)

Optional: Spread 1 TBSP. of sugar free jam on top.

**Counts as 1 breakfast**

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### Prep Time:

3 minutes

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### Cook Time:

5 minutes

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### Ingredients:

2 egg whites or 6 TBSP.  
liquid egg whites

1/4 cup oat bran

4 TBSP. plain yogurt

1 packet zero calorie  
sweetener - optional

1 TBSP. sugar free jam -  
optional

Pam