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Egg White Pancakes

Ingredients:

1/2 cup yellow cornmeal
1/2 cup whole-wheat flour
1/2 cup enriched white flour
1 1/2 cups skim milk
3 egg whites
1 cup non-fat plain yogurt

Directions:

1. Mix together the cornmeal, whole-wheat flour and white flour. Blend in the skim milk and allow the batter to stand for 5 minutes.
2. Whip the egg whites until they stand in peaks. Then fold them into the batter.
3. Spoon the batter onto a preheated non-stick skillet and cook until bubbles form on the pancake or the edges turn brown, then flip the pancake over and cook for 1 minute more.
4. Top each with a dollop of non-fat plain yogurt.