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HUFF POST PARENTS

What Nutritionists Eat For Breakfast

It's not all green smoothies. (Hooray for pancakes and French toast!)

Huffingtonpost.com

5-Ingredient Pancakes You Can Feel Great About

Old-fashioned oats



Cinnamon



Apple

Egg whites



Fresh berries



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We're used to seeing pancakes piled high, topped with pats of butter and doused in syrup, but there's a much lighter way to enjoy these treats. **Nutritionist and trainer Franci Cohen** regularly whips up a supersimple, flourless batter consisting of old-fashioned oats, egg whites, grated apple and a dash of cinnamon. The key is to let the mixture sit for 5 to 10 minutes before cooking, so the oats plump up from the moisture in the egg and fruit. She ladles spoonfuls onto a griddle, flips them when they start to bubble, puts them on a plate and eats them with fresh berries. The cakes are high in fiber, protein and vitamins, and will keep you full all morning (you may even want to pack an extra in your bag for an afternoon snack). Get the recipe: [Oatmeal Pancakes](#)