

OAT PANCAKES

INGREDIENTS

Eggs/Egg whites (3 egg whites + 1 whole egg)
Rolled Oats (1/3 cup dry)
Stevia (dash)
Cinnamon (to taste)
Salt (pinch)
Cooking Spray

INSTRUCTIONS

1. Blend all ingredients until a smooth batter is formed. (Mini ninja is perfect for this!)
PRO TIP: Blend the oats first and then add the remaining ingredients.
2. Spray fry pan with cooking spray.
3. Pour mix into pan. (Can make 1 big pancake or a couple smaller ones.)
4. Cook on medium to medium high heat.
5. Once the batter begins to bubble, flip and continue cooking until done, approximately 1-2 minutes.
6. Eat plain or serve with your favorite topping.



VARIATIONS

- **Sweeten things up.** If you like your pancakes on the sweeter side, you could add some maple syrup, honey, mashed bananas or berries to the batter.
- **Add toppings.** Some healthy choices include a dollop of Greek yogurt mixed with honey or vanilla, nut butter, maple syrup, fresh fruit like sliced bananas or berries. For a little crunch, try sprinkling some chopped walnuts, almonds, or pecans on top. Finally, some strawberry or raspberry jam is a delicious way to give these pancakes a little extra flavor.
- **Switch up the spices.** Instead of cinnamon, try adding vanilla extract, pumpkin pie spice, chai spice, nutmeg, expresso + unsweetened chocolate powder or apple pie spice.
- **No time to fry?** Makes the perfect mini loaf to grab & go! Spray a small loaf pan, pour batter into it and bake at 350°F until cooked through, approximately 15-20 minutes depending on oven and size of loaf pan.

STORAGE TIPS

A great dish to make ahead and reheat. Let cool completely and place in an airtight bag or container.

- Store in the fridge for up to 5 days.
- Store in the freezer for up to 2 months.

Reheat your pancakes in the oven at 350° for 10 minutes or microwave thawed pancakes for 30-60 seconds.

CHIPOTLE STEAK

Prep Time: 20 min, **Cook Time:** 1 hour

Total Time: 1 hour 20 min

Servings: 20 half cup servings

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INGREDIENTS

- 1 tablespoon Tomato Paste
- 1 tablespoon Cider Vinegar
- 1 teaspoon Chipotle Powder (or 1/2 teaspoon EACH Smoked Paprika and Cayenne Powder)
- 1/2 teaspoon Ground Cumin
- Pinch EACH of Oregano, Garlic Powder and Salt
- 3 Garlic Cloves
- 1/2 cup Chopped Red Onion
- 1 tablespoon Salt
- 1 teaspoon Pepper
- 2 tablespoons Ancho Chile Powder
- 2 tablespoons Olive Oil + 2 more tablespoons for cooking
- 2 teaspoons Ground Cumin
- 2 teaspoons Mexican Oregano (alternative; Italian Oregano)
- 4 lbs Steak (Loin, Round Steak, Flat Iron Steak)

INSTRUCTIONS

- Adobo Sauce** (Alternative: purchase can or jar of adobo sauce at local market)
 - Whisk together tomato paste, cider vinegar, chipotle powder (or 1/2 teaspoon EACH smoked paprika and cayenne powder) and 1/2 teaspoon ground cumin.
 - Add a pinch EACH of oregano, garlic powder and salt.
- Marinade**
 - Add garlic, onion, 2 tablespoons adobo sauce, ancho chile powder, olive oil, cumin, dried oregano, 1 tablespoon salt, and 1 teaspoon pepper to food processor or blender. Blend until smooth (add water or lime juice if needed to fully blend the marinade).
- Add steak and marinade to gallon baggie, tossing to coat. Let the beef marinate at room temperature for 30 minutes or up to 12 hours in the refrigerator. Bring to room temperature for at least 30 minutes before cooking.
- In a large skillet over medium-high heat, heat 2 tablespoons olive oil until shimmering. Add marinated steak to the skillet and cook, stirring occasionally, until the temperature reaches 120 to 125° F for rare or 130 to 135°F for medium-rare. Depending on the size of your skillet, you can cook the steak in batches.
PRO TIP: For a healthier version, skip the oil and grill your steak.
- Remove to a cutting board and tent with foil for 10 minutes. Chop into small pieces.
- Serve with Jasmine rice.



VARIATIONS

Use this tasty protein to create burritos, bowls, tostadas, or serve on corn tortillas with grilled onions, fresh cilantro, and a squeeze of lime juice to make your own street tacos!

STORAGE TIPS

Store leftovers covered for up to 4 days.

PRO TIPS: Freeze the uncooked marinated steak in a food saver bag then thaw and cook when needed or make the marinade and freeze it in smaller portions, which you can defrost and use later to make smaller batches of steak.

NUTRITION

Serving: 1, **Calories:** 210, **Carbohydrates:** 1g, **Protein:** 18g, **Fat:** 15g, **Saturated Fat:** 6g, **Polyunsaturated Fat:** 1g, **Monounsaturated Fat:** 7g, **Cholesterol:** 55mg, **Sodium:** 370mg, **Potassium:** 270mg, **Fiber:** 1g, **Sugar:** 1g, **Vitamin A:** 261IU, **Vitamin C:** 1mg, **Calcium:** 17mg, **Iron:** 2mg