

METABOLIC CHANGE JUNE 2022 NEWSLETTER



QUICK & HEALTHY GLUTEN-FREE BREAKFASTS

5 MINUTE COLLAGEN MUFFINS

- 2/3 C Bob's Red Mill GF Biscuit & Baking Mix**
- 1/3 C Bulletproof Vanilla Collagen Protein Powder**
- 3/4 C Liquid Egg Whites (4 eggs)**
- 1/3 C applesauce**
- 1/4 C Earth Balance, melted**

Preheat oven to 350 degrees. Mix dry ingredients together. Mix wet ingredients together. Mix wet and dry ingredients. Fill greased muffin tin. Bake for 15 minutes or until edges are golden brown.

BERRY PARFAIT

- Honey**
- All-Natural GF Granola**
- Berries, fresh or thawed**
- Low-Fat GF Yogurt, any flavor**

Layer half of the granola, yogurt, and berries. Repeat layers. Drizzle with honey.

BROWN RICE PANCAKES

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|--------------------------|-----------------------------------|
| 2 Eggs | 1/2 C Milk, any kind |
| 1/4 t salt | 1 C Brown Rice Flour |
| 1 t Vanilla | 1 T Melted Butter or Earth |
| Balance | |
| 2 t Baking Powder | |

Mix wet and dry ingredients separately. Stir wet ingredients into dry ingredients. Cook on greased griddle. Top with fruit, applesauce, or syrup.

SALSA SCRAMBLED EGGS

2 Eggs
1 T Salsa
Salt & Pepper
Grated Low-Fat Cheese (optional)

Whisk eggs and salsa in bowl. Add cheese, salt, and pepper. Stir. Cook in skillet over medium heat, stirring constantly, until eggs have just set.

KID-FRIENDLY OATMEAL BAR

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|-----------------------|---------------------------------------|
| Honey | Apple Pie Spice |
| Berries | Chopped Apples |
| Raisins | Cinnamon & Sugar |
| Maple Syrup | Cream or Milk, any kind |
| Brown Sugar | Enjoy Life Chocolate Chips |
| Chopped Nuts | Whipped Cream |
| Sliced Bananas | Long-Cooking Oats, gluten-free |

Cook oats according to package directions. Add desired toppings.