

SALMON BREAKFAST CAKES



INGREDIENTS:

- 12 oz canned salmon (2 6oz cans)
- 2/3 cup egg whites

DIRECTIONS:

1. Add all ingredients in a blender
2. Blend until well blended into a batter-like paste
3. Heat a pan on medium heat. Spray with cooking oil
4. Lower to medium-low heat
5. Scoop ~1/4 cup batter and pour onto the hot pan, cook for 2 minutes on each side
6. Top with your favorite savory toppings (i.e pico de gallo, guacamole, sour cream, etc). Macros listed are without toppings

Enjoy!

Makes 3 Servings | Serving Size = 2 Cakes
Calories: 168 | Protein: 30 g | Carb: 0 g | Fat: 6 g | Fiber: 0 g