



12033 Tecumseh Rd. E Unit#1 Windsor, ON N8N 1M1
(519) 956-7959 info@soleraholistichealth.ca
www.soleraholistichealth.ca

Two breakfast recipes that fully comply with the metabolic balance Strict Conversion Phase.

Apple Cinnamon Pancakes

Ingredients for 1 Serving, 2-3 Pancakes

- Garbanzo Bean Flour (use amount stated in your personal metabolic balance° nutrition plan)
- 1 Apple
- Ghee, Cinnamon, Water as needed

Preparation

- 1.Soak garbanzo bean flour over night in double amount of water
- 2.In the morning wash, core and slice ½ apple, spice with cinnamon and add to batter
- 3.Dice remaining apple and simmer with some water in a separate pan, spice with cinnamon
- 4.Add some ghee in heated pan, pour part of batter into pan and brown on both side
- 5.Serve simmered apple over your pancakes

Cinnamon Waffles

Ingredients for 1 Serving

- 2 Eggs
- 4 Rye Crisp Bread slices
- Ghee, Cinnamon, Water as needed

Preparation

- 1.Ground crispy rye bread into a flour and add cinnamon to taste
- 2.In a bowl, add the rye bread flour to one egg and stir until fully blended; add water as needed until you have a thick, creamy batter
- 3.Pour the batter into a waffle maker and bake until crisp
- 4.Enjoy the second egg before the waffle (boiled or scrambled) as your protein appetizer