



# The 5:2 Diet Cookbook: Breakfast & Brunch The Fasting Way (Low Carb)

*Katerina Black*

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## **Are you looking for some GREAT 5:2 Diet recipes?**

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Who says you have to give up tasty treats to lose weight?

## **Sample Recipe...**

### **Maple Blueberry Waffles**

Total Calorie Count: 118 calories

Prep: 10 minutes

Cook: 10 minutes

Serves: 2

**Ingredients:**

- 2 tsp maple syrup
- 1/3 cup frozen blueberries
- 1 Tbsp pecans
- 2 whole grain waffles

**Directions:**

1. Microwave maple syrup and blueberries for around 2 to 3 minutes or until berries are thawed.
2. Next, toast the waffles then top with warm blueberry sauce.
3. Serve sprinkled with pecans and enjoy.

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