



THE YUMMIEST PROTEIN PANCAKES

Move over the cereal and make way for protein pancakes that actually taste delicious and are truly healthy.

INGREDIENTS

Prep Time: 10 minutes

Servings: 2

1 cup oats
1 banana
2 eggs
1/2 cup egg whites
4 teaspoons baking powder
1/2 tsp salt
1/2 tsp cinnamon
1 scoop vanilla protein powder
2 tablespoons flax meal

Topping Options:

Berries
Coconut
Swerve confectioners sugar
Lily's unsweetened chocolate chips
Peanut butter
100% pure maple syrup
Greek yogurt
Unsweetened applesauce

DIRECTIONS

1. Place all the pancake ingredients in a blender. Blend on low speed until very smooth.
2. While pancake batter is blending, heat a nonstick pancake griddle to medium high heat. Once batter is blended, pour 1/4 cup of batter onto griddle. Flip when the edges start to dry and lift slightly. Cook for another 1-2 minutes.
3. Top with your favorite healthy toppings. Enjoy!