



# PROTEIN PANCAKES

<b>Prep Time</b> 10 minutes	<b>Cook Time</b> 10 minutes	<b>Level</b> Medium
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## Ingredients:

- 1 cup oats
- 1 banana
- 2 eggs
- ½ cup egg whites
- 4 teaspoons baking powder
- A pinch of salt
- A pinch of cinnamon
- 1-2 scoops protein powder
- 2 tablespoons flax meal



## Directions:

1. Run everything through the blender on medium low speed until very well mixed.
2. Heat a nonstick griddle to medium high heat. Add batter in small circles - about ¼ cup per pancake. Sprinkle with blueberries or chocolate chips if desired. When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.
3. Top with anything you like! Syrup, Peanut butter, honey, fruit, or chocolate chips!

## Notes to the Chef...

If the pancakes are falling apart, you may need to turn the heat up. We consistently get pancakes that hold and flip when the heat is at a high enough level and when we use a nonstick pan. You can also add more or less flax to get the consistency just right for you! I kept the batter in individually portioned jars for easy ready made breakfast. You can also refrigerate or freeze cooked pancakes.

