Almond Butter Protein Pancakes

Ingredients
1 scoop Optimum Nutrition Gold Standard 100% Whey Vanilla Ice Cream
3 egg whites
1/4 cup water
1 tbsp almond butter
1 Splenda packet
2 tbsp sugar-free syrup

Directions
1. Mix ingredients in a bowl. If needed, add a bit more water.
2. Cook over medium heat.
3. Plate and spread 1 tbsp almond butter on top of the pancakes.
4. Sprinkle with 1 packet Splenda and drizzle with maple syrup.
5. If desired, add a few strawberries and bananas for deliciousness!

Nutrition Facts
Serving size: 2-3 small pancakes
Recipe yields: 1 serving
Calories: 145
Fat: 1.3 g
Carbs: 3.6 g
Protein: 34.8 g