



Two-Ingredient Pancakes

Ingredients

1 whole egg plus 2 egg whites
1 small ripe banana

Directions

1. Mash the banana and crack the eggs in it, stirring until the mixture becomes somewhat homogenized.
2. Heat a greased griddle or frying pan on medium heat and pour about a 2.5-inch wide puddle of batter.
3. Delicately flip the pancake after about 25 seconds or when it browns. The recipe makes 3-4 small pancakes.

Nutrition info for entire batch

Calories: 215

Fat: 5 g

Carbs: 30 g

Protein: 18 g