

STRONG TO THE

COR

6-WEEK CHALLENGE

WEEK 6 RECIPES /// BREAKFAST

POWERED BY  **CELLUCOR**

PROTEIN PANCAKES

This is like digging into a dessert for breakfast. Experiment with some of Cellucor COR-Performance Whey's amazing flavors, like Cinnamon Swirl or Peanut Butter Marshmallow.

INGREDIENTS

- 250g Egg Whites
- 1 Scoop Cellucor Cor-Performance Whey (any flavor)
- 30g Oats (I use Quaker Old Fashioned Oats.)
- 30g Peanut Butter
- 50g Grapefruit



INSTRUCTIONS

Step 1 ///

Put egg whites, whey, and oats in the blender.

Step 2 ///

Blend for 30 seconds on medium-high speed.

Step 3 ///

Spray a pan with nonstick cooking spray, and pour batter into pan.

Step 4 ///

Cook on stovetop like a regular pancake.

Step 5 ///

Top with peanut butter, and serve with grapefruit.

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
EGG WHITES ONLY	250	27	1	1	121
CELLUCOR CORE WHEY PROTEIN	1	25	3	1.5	126
OATMEAL, QUAKER OLD FASHIONED	30	3.7	20.3	2.3	117
PEANUT BUTTER	30	7.6	5.9	15.1	190
GRAPEFRUIT	50	0.4	4	0.2	19
▶ TOTAL		64	34	20	572

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