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MuscleTech Protein Pancake Recipe

Ingredients:

MuscleTech 100% Whey Advanced protein, French Vanilla Creme, 1 scoop

Pumpkin puree, 2 tbsp

Almond flour, 2 tbsp

Egg whites, 2

Baking powder, 1/4 tbsp

Coconut oil, 1 tsp

Vanilla extract, 1/4 tsp

Pumpkin spice, 1 dash

Stevia to taste

Directions:

1. Blend all ingredients, and cook as you would a traditional pancake!