



Protein Pancakes

Courtesy of ProteinPow.com

Ingredients

- 1/4 cup rolled oats
- 1/4 cup Gaspari Nutrition Cinnamon Roll MyoFusion Elite Protein Series
- 1/2 cup liquid egg whites
- 1/8 cup vanilla pea protein powder (or casein)
- 1/4 cup flaked coconut
- 1/4 cup almond milk
- 1/2 tsp baking soda



Directions

1. Blend all ingredients together.
2. Spray a nonstick pan with coconut flour, PAM, or low-calorie spray.
3. Turn your heat to medium/high.
4. Once the pan is sizzling hot, pour your batter on it. Then turn the heat back to medium/low to make sure the pancakes cook through without burning.
5. Flip once bubbles start to appear on the pancake's surface, flip again, and then boom: ready!