



Protein-Packed Pancakes

Ingredients

- Pancake mix 1-1/3 cup
- MuscleTech Lab Series Protein 1 scoop
- Egg whites 6
- Water 1/2 cup

Directions

1. Mix all ingredients together.
2. Pour onto a heated pan in 5-inch circles.
3. When bubbles form, flip and cook until done.

Nutrition Facts

Serving size: 1 pancake
Recipe yields 5 servings
Calories 178
Fat 2 g
Carbs 27 g
Protein 13 g

