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Brown Rice Apple Cinnamon Pancakes

Ingredients:

1/2 cup cooked brown rice
1/2 cup skim milk
1/2 cup vanilla whey protein powder
1/2 cup rice flour
1/8 cup Splenda
2 tbsp unsweetened applesauce
1 tsp baking powder
1/2 tbsp olive oil
1 tsp cinnamon
2 tbsp fat-free cream cheese
1 apple, sliced
2 tbsp Splenda

Directions:

1. Preheat oven to 350 degrees F.
2. Slice apple and sprinkle with 1/2 tsp. of cinnamon and 2 tbsp. Splenda. Place on baking tray and bake for 4-5 minutes, or until tender.
3. Meanwhile, combine cooked rice, milk, rice flour, protein powder, 1/8 cup Splenda, applesauce, baking powder, oil, and 1/2 tsp. cinnamon in a bowl.
4. Heat a large, non-stick skillet over medium heat.
5. Pour batter onto skillet in small circles. Flip after 2-3 minutes or when edges begin to turn golden.
6. Cook another 1-2 minutes.
7. Once pancakes are done, smear with fat-free cream cheese and top with cooked sliced apples. Serve immediately.