



## **Craig Capurso's Low-Carb Protein Pancake Recipe**

### **Ingredients**

2 tbsp almond meal flour  
2 tbsp coconut meal flour  
1 scoop Cellucor Cor-Fetti whey protein  
250 g liquid egg whites

### **Directions**

1. Mix all ingredients together in a bowl.
2. Spoon batter into a heated pan or griddle.
3. Wait a couple of minutes, until the batter bubbles and hardens around the edges, then flip.
4. Serve as-is or with your favorite low-sugar syrup.