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Lais DeLeon's Peanut Butter Protein Pancakes

Dry Ingredients

Oat flour (or blended oats) 1/2 cup
Gluten-free pancake mix 1/2 cup
NLA For Her Vanilla Cupcake protein 1 scoop

Wet Ingredients

Egg 1
Almond milk 1/2 cup
Coconut oil 1 tbsp

Topping

Banana 1/2
Peanut butter 1 tbsp

Directions

1. Combine all dry ingredients in a bowl. Whisk until mixed.
2. Pour mixture into a blender.
3. Add wet ingredients directly to the blender. Cover with a lid and blend until they reach a batter-like consistency.
4. Heat a nonstick pan on medium-high. Spray with coconut oil.
5. Pour in batter. Allow pancake to cook on one side. Flip, cook on opposite side, and plate.
6. Top pancakes with one tablespoon almond butter and half of a sliced banana.

Nutrition Facts

Serving size: 1 pancake
Recipe yields 3 servings

Calories 308

Fat 12.2 g

Carbs 38 g

Protein 12.3 g