Muscletech Protein Pancake Recipe

Ingredients:
MuscleTech Platinum 100% Iso-Zero Vanilla 1 scoop
Pumpkin puree 2 tbsp
Almond flour 2 tbsp
Egg whites 2
Baking powder 1/4 tbsp
Coconut oil 1 tsp
Vanilla extract 1/4 tsp
Pumpkin spice 1 dash
Stevia to taste

Directions:
1. Blend all ingredients, and cook as you would a traditional pancake!

Nutrition Facts
Serving Size: 1 large pancake
Recipe yields 1 serving
Calories 285
Carbs 8 g
Fat 13 g
Protein 36 g