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### **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.