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Sunday: Protein Pancakes with Fruit

If you're like most people, you like to enjoy sleeping in on the weekends and getting up to a brunch that reminds you of your mom's home cooking. Rather than opting for high calorie pancakes or waffles, try this healthier version that you can whip up yourself in minutes.

1 scoop protein powder

3 egg whites

1/3 cup rolled oats

1/2 tsp baking powder

1 tsp vanilla

1 packet of sweetener

1 cup mixed berries

1-2 tbsp sugar free maple syrup

Mix all the ingredients together and then place in pancake sized spoonfuls on a hot griddle sprayed with non-stick spray. Flip once edges begin to brown (1-3 minutes depending on griddle) and cook the remaining side.

Serve with sliced fruit on top and a small amount of sugar-free maple syrup if desired.