



Lean Protein Pancakes

- *Lean Protein Pancakes*
 - *1 scoop of protein powder*
 - *2-3 egg whites*
 - *Sweetener*
 - *1 teaspoon of peanut butter (optional)*
 - *Note: For building muscle, use 3-4 egg whites and add ¼ cup of dry oatmeal*

For a low-carb diet, simply mix one scoop of protein powder with 2 or 3 egg whites and a small amount of sweetener. Pour it onto a hot pan and cook it like you would a regular pancake. This version has only 150 calories per batch and is almost pure protein.

Looking to power up the mix a bit? Combine the same scoop of protein powder with 3 or 4 egg whites, ¼ cup of dry oatmeal, and some Stevia. Pour that mix onto the griddle, and you've got a breakfast made for building lean muscle. You can also smear a tablespoon of peanut butter on top for healthy fats and a little extra protein.