



Banana and Vanilla Protein Pancakes

Ingredients

1 small banana
1 small (120g) cooked sweet potato
1/2 cup of liquid egg whites
1/2 cup of vanilla whey

Directions

1. Blend all ingredients for 2-3 minutes.
2. Spray pan with non-stick spray and heat on medium heat.
3. Pour batter onto pan in small circles.
4. When bubbles form, flip over.

Nutrition Facts

For whole recipe

Calories 318

Fat 3g

Carbs 37g

Protein 36g