



Courtesy of Anna Sward @ProteinPow.com

## **Apple Pie Protein Pancakes**

### **Ingredients**

1/2 thinly sliced apple  
1/4 cup of oat flour  
1/4 cup of Sunwarrior Warrior blend, Vanilla  
1 whole egg  
1 egg white  
3 tbsp of milk  
1/2 tbsp of cinnamon

### **Directions**

1. Slice and steam your apple. I steam mine for five minutes, but you can steam it for longer if you want your apple to be softer. Just don't steam it for ages—we're not after baby food here.
2. Once the apple is nice and soft, put it aside and make your pancakes by blending all the above ingredients together and frying up the batter on a nonstick pan with a nonstick agent (i.e. coconut oil, low-cal spray, or even butter). I used PAM.
3. Make sure your pan is sizzling hot when you pour your pancake batter on it. As soon as your pancakes are poured, lower your light to medium. Flip and brown evenly on both sides.
4. When they're done, layer your pancakes with the steamed apples. Add your cinnamon and syrup of choice. I used Walden Farms calorie-free maple syrup, but regular maple, nut butter, or protein fluff would all work.

### **Serving Size: 5 pancakes (recipe makes one serving)**

Calories 6kcal  
Protein 38.6g  
Carbs 38.9g (4.7g fiber)  
Fat 9.1g (1.7g saturated)

### **Notes:**

If you want to make these pancakes lower carb, substitute the oat flour with ground almonds and/or some pea protein powder.