



## **BPI Protein Pancake Recipe**

### **Ingredients**

5 egg whites  
1 whole egg  
1 tbsp fat free cottage cheese  
1 tbsp of fat free Greek yogurt  
1 tsp of all natural peanut butter  
1 packet of Kashi Go Lean Oatmeal  
1 tsp of Truvia sweetener  
1 scoop of Vanilla Whey-HD protein powder  
Dash of cinnamon dash of Nutmeg

### **Directions**

1. Blend all ingredients into a thin batter. Note that it will look much thinner than a regular pancake batter.
2. Preheat pan on medium/low heat. Cover pan with a lid when cooking. Flip once you see the edges dry slightly.
3. I prefer to eat mine plain, but you can add a sugar-free syrup or sugar free jam for a low-calorie topping.

### **Nutrition Facts**

Serving Size: 1 pancake  
(Recipe yields 5)  
Calories: 111  
Total Fat: 2.8 g  
Total Carbs: 7 g  
Protein: 14.4 g