



## **Brian Casad's Protein Pancakes**

### **Ingredients:**

1/2 cup oats

1 scoop vanilla protein powder

1/3 cup gluten-free flour

1 egg

2 egg whites

Vanilla almond milk, to desired consistency

### **Directions:**

1. Mix oats, protein powder, flour, egg, and egg whites in a bowl.
2. Mix in vanilla almond milk until the batter reaches desired consistency.
3. Spoon batter onto a skillet over medium heat.
4. Cook, top pancakes with fruit, and enjoy!