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Psyllium Husk: Pancakes

Ingredients

- 1 c. egg whites
- 1/2 c. water
- 2 tbsp. psyllium husks
- 3-4 "poofs" of cinnamon
- 2-3 Splenda packets

Directions

- Mix all ingredients together in a bowl. Wait about 2-3 minutes for the psyllium to absorb the water so it becomes harder.
- Pour mixture into a pan.
- When one side starts to brown, flip it over like a pancake until the other side is the same colour. DRINK WITH A LOT OF WATER!