



Oatmeal Pancakes

Ingredients

- 1 cup raw oats
- 1 scoop protein powder
- 3 egg whites
- 1/4 cup water
- 1 1/2 tsp cinnamon
- 2 packets sweetener
- 1 1/2 tsp baking powder

Directions

1. Place all ingredients in a blender and blend for 30 seconds.
2. Then pour onto a hot grill and cook like a normal pancake.
3. An optional addition is to add some frozen fruit after the batter is blended.

Recommended: NOW Better Stevia