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Protein Pancakes

Ingredients

- 1/2 cup uncooked oatmeal
- 6 egg whites
- 1/2 cup blueberries
- 1/2 tsp. ground cinnamon
- 1 tbs. Splenda
- 1/4 cup sugar free maple syrup
- Fat free spray butter

Directions

1. Mix the ingredients above and cook just like a regular pancake until golden brown.
2. Top with fat free butter spray and sugar free syrup.
3. This definitely gives you something to look forward to in the morning.