

# Protein Pancakes

## Base Ingredients

- 1/3 cup oats – ground in blender
- ½ scoop protein powder of choice
- ¼ teaspoon baking powder
- ½ teaspoon cinnamon

## Then Add

- 1 egg white
- 2 tablespoons water

## Optional Additions

- Blueberries
- Bananas
- Chocolate Chips
- Walnuts

## For on Top

- Sugar Free Syrup
- Greek Yogurt

## To mix up a big batch of base ingredients:

- 2 3/4 cup oats – ground up in blender
- 4 scoops (120g) protein powder of choice
- 2 teaspoons baking powder
- 4 teaspoon cinnamon

Place in a Tupperware container and shake well.

## Nutritional Information (one serving of base ingredients + the egg white and water))

Calories 177

Fat 3g

Sugar 1g

Protein 19g

Carbohydrate 22g

Potassium 148mg

Fiber 3g

Cholesterol 30mg

Iron 8mg

Sodium 208mg

Calcium 7%