



3 ingredient Protein Pancake

2 servings

15 minutes

Ingredients

1/2 cup Oats (quick oats work best)
 1/4 cup Vanilla Protein Powder (1/4 cup
 = 1 scoop)
 3 Egg
 2 tbsps Water
 1 tsp Cinnamon (optional)
 2 tbsps Water (or as needed for right
 consistency)

Nutrition

Amount per serving	
Calories	230
Fat	9g
Carbs	16g
Fiber	3g
Sugar	1g
Protein	22g

Directions

- 1 Put OATS, EGGS, PROTEIN POWDER, water and cinnamon all together in your blender or magic bullet and mix well.
- 2 Heat the pan up and spray it with non-stick spray oil (avocado or olive oil). Pour half the mixture in and cook on each side on medium/high heat for about 3-4 minutes, until golden brown on each side. Repeat with the other half of mixture. Makes two small pancakes.
- 3 Add any optional toppings like berries or a little maple syrup (not included in the nutritional values).

Notes

Nutritional Values: Note: nutritional values shown are without any toppings.

Cinnamon & Weight Loss: Cinnamon slows the rate of digestion after eating, reducing the rise in blood sugar after eating. If you're struggling with cravings for sweet or carbohydrates that's impeding your weight loss efforts, add cinnamon to your foods daily.

To-Go Snack: Make a few of these pancakes and store in sandwich baggies for easy to-go snacks, they're even tasty cold! They are the perfect balance of protein and carbohydrates to support long lasting energy and hormonal balance, whether for breakfast or as a snack later on during the day.

No protein powder, no problem!: You'll still get vital protein in your eggs. For desired texture, you may need a little extra oats when not using protein powder.

About the protein powder: The type of protein powder used can make a significant difference both to taste and texture. Whey often works best.

For paleo-friendly, egg-free, or grain-free:: Replace oats with cooked quinoa or quinoa flour. Replace whole eggs with chia eggs (1 tbsp chia seeds soaked in 3 tbsps water = 1 egg)

Pancake is dry?: If your pancake batter is very thick or makes a dry pancake, add a bit of water to batter.