



Blueberry Banana Protein Pancakes

2 servings
15 minutes

Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

Nutrition

Amount per serving	
Calories	284
Fat	8g
Saturated	4g
Carbs	39g
Fiber	5g
Sugar	21g
Protein	16g
Cholesterol	95mg
Sodium	63mg

Directions

- 1 In a mixing bowl or blender, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 2 Stir blueberries into mixture.
- 3 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 4 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a pan or in the toaster.

Serving Size: One serving is approximately one large pancake or two small pancakes.

Egg-Free: Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.