



## Banana Protein Pancakes

2 servings

15 minutes

### Ingredients

- 2 Banana (plus extra for topping)
- 4 Egg
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	333
Fat	10g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

### Directions

- 1 In a large bowl, mash the bananas (keep a few slices to top the pancake with after cooking, optional). Add the eggs and protein powder. Mix well until a batter forms. Alternatively, blend all ingredients up well in a blender with a very small amount of water (about 2-3 tbsp).
- 2 Using olive oil cooking spray oil, spray a small 9 inch and once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with a few banana slices that you saved. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.

**Serving Size:** One serving is approximately two pancakes.

**Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

**Not just for breakfast!:** Make a large batch, put in single serving size baggies, and freeze them. Protein pancakes make for delicious cold snacks during the day too!