



Low Carb Protein Pancakes

2 servings

15 minutes

Ingredients

2 Eggs
2 Scoops Whey Protein Powder
1/2 tsp Baking Powder
1/2 cup Liquid Egg White
Cooking Spray, Butter (or coconut oil for greasing the pan)

Nutrition

Amount per serving	
Calories	225
Fat	5g
Carbs	4g
Fiber	0g
Sugar	0g
Protein	38g

Directions

- 1 Spray a 6-9 inch non-stick pan with spray oil, on the stove over low-medium heat.
- 2 Blend the eggs, egg whites, protein powder, and baking powder together in your blender.
- 3 Pour about half of the mixture in and cover the pan. Flip it when it poofs up and the bottom is lightly browned, about 2-3 minutes.
- 4 Continue to spray the pan again and pour the other half of the mixture to cook your next pancake. Using a 6-9 inch pan, this recipe will make 2 pancakes. Nutritional values provided are for one pancake.