

Recipe for: Protein Pancakes

Ingredients:

5 egg whites
1 Tbsp regular oatmeal
1 Tbsp vanilla extract
1 Tbsp cinnamon
¼ banana (add after blended or on top of each pancake)
½ cup strawberries (add after blended or on top of each cake)
stevia
1 Tbsp almond butter

Preparation:

Combine ingredients in blender for 30 seconds. Pour mixture onto heated pan. Cook 2 to 3 minutes or until top is no longer liquidy. Flip and cook. Top with your choice of sliced fruit with sweetener or almond butter.