



# Protein Pancakes

Servings: 1

## Ingredients

- 1 scoop vanilla protein powder
- ½ banana, mashed
- ¼ cup egg whites or 1 egg
- ½ TBSP almond milk
- 1 tsp cinnamon



## What you'll need



measuring spoons



measuring cups



skillet

## Nutrition Facts

Servings 1

Amount Per Serving

**Calories 261**

% Daily Value

**Total Fat** 7.3g **9%**

Saturated Fat 1.9g **10%**

**Cholesterol** 164mg **55%**

**Sodium** 592mg **26%**

**Total Carbohydrate** 28.7g **10%**

**Dietary Fiber** 3.8g **13%**

**Sugars** 17.6g

**Protein** 22.8g

Vitamin D 67mcg **336%**

Calcium 89mg **7%**

Iron 16mg **86%**

Potassium 460mg **10%**

## Instructions

1. Mash banana with almond milk (½ TBSP).
2. Stir in remaining ingredients.
3. Spray pan with oil (we recommend coconut or avocado oil) and heat over medium-low.
4. Pour in batter. Flip when ready. (Hint: the key to the perfect protein pancake is to cook them low and slow!)
5. Serve with almond butter, berries or lightly drizzle with 100% pure maple syrup.



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