

PROTEIN PANCAKES

Makes 10 pancakes (3 per person); 5min Prep

INGREDIENTS

2 bananas mashed

2 eggs

¼ tsp Baking Powder (adds fluffiness)

¼ tsp Vanilla

*You can choose to add other optional ingredients to taste.

DIRECTIONS

Combine the ingredients in a single bowl and mix well. Depending on your texture preference, you can either mash the bananas until smooth or leave small bits. Once ingredients are combined, add to the pan and cook thoroughly.

Top with natural peanut butter, agave, or other topping of choice. They are delicious plain as well!

NUTRIENT BENEFITS

High protein

Good fiber

Source of fruit

Great for after work-out snack.

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SHOPPING LIST

2 Bananas

2 Eggs

Baking Powder

Vanilla Extract

Optional:

Cinnamon, Flaxseed, Nuts.

Nutrition Information*

Calories: ~121

Fat: 3.3g

Carbs: 20.7g

Protein: 4.7g

*calories will vary based on added optional added ingredients and toppings. Brand of ingredients and size of bananas can also impact caloric value.