

# Protein Pancakes

MEDIUM PORTION SIZE

## INGREDIENTS

- 1 Bananas
- 30 grams Oats, rolled
- 1 pinch Cinnamon, ground
- 1/2 teaspoons Baking powder
- 1.5 tablespoons Whey protein concentrate
- 2 tablespoons Mixed berries, fresh/frozen
- 1 Eggs, whole

## METHOD

1. Combine one banana, oats, eggs, baking powder, cinnamon and protein powder in a blender for 1-2 mins until smooth. Add a tablespoon of water or almond milk to loosen and blend for another 30 seconds.
2. Heat a little oil in a panover a medium heat. Ladle the batter and cook for 1-2 minutes, until bubbles start to appear on the surface and the bottom turns golden brown. You can add 1 or two berries while the batter is soft for a berry filled version (or try some dark chocolate chips for a little soul food!).
3. Flip and cook for another minute until cooked through.
4. Repeat with the remaining batter.
5. Serve stacked and topped with berries, and a drizzle of honey.
6. Enjoy!

