

Yummy Protein Pancakes

Ingredients

1 x Scoop of Protein Powder
(Natural or Vanilla would probably work best)
1 x Egg
Water or Milk
Oil for frying



Method

Makes 2 small or 1 large pancakes – depends on the size of your pan.

In a large mug put scoop of powder & add the egg and a little water/milk. Slowly mix into a paste and continue to add water/milk until it looks like batter.

Heat up a non-stick frying pan and add oil. When pan is hot just pour on the batter and let underneath cook. You can cook the top under the grill if you don't want to flip on the pan.

Serve with berries and natural yogurt or lemon juice and a sprinkle of Xylitol.

Pancake: Prot 19.3g Carbs 1g
Berries: ¼ Cup = Carbs 5g
Natural Yogurt 2 Tbsp = Carbs 1.5g
Xylitol ½ Tsp = Carbs 2g