

# **HIGH PROTEIN BLUEBERRY PANCAKES**



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Serves: 1  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
257 kcal  
5g Fats  
18g Carbs  
36g Protein



## WHAT YOU NEED

- 1/4 cup egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- 1/2 tsp. coconut oil

## WHAT YOU NEED TO DO

*Whisk together the egg whites and protein powder.*

*Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.*

*Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).*

*Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.*

*You can also make 3 small pancakes instead of 1 large.*

*Serve with your favourite toppings.*