

Protein Pumpkin Pancake

This recipe is so easy & quick and tastes so awesome even the kids will love it! The best part is you know exactly what you are putting into your body! This recipe serves one person. I usually eat this plain without syrup or butter.

Ingredients:

4 Egg White (1/2 cup liquid whites)

1 Scoop Vanilla Protein Powder

1/3 cup Canned Pumpkin

½ Cup Raw Oats

¼ Teaspoon Cinnamon

Optional: 2 Tablespoons Maple Syrup or Honey

Directions:

Preheat griddle to 300 degrees

Lightly coat griddle with coconut oil or olive oil.

Blend all ingredients in a blender – if too thick for you add a little water to thin it out.

Drop pancake mixture on griddle and allow the mixture to form bubbles – once that happens, flip it over and cook the other side. Your pancake should have a nice golden brown color. Serve with maple syrup or honey.

Per serving: 338.7 Calories.

Add an extra 100 calories if you add the Maple Syrup.

Add an extra 60 calories if you add the Honey.

