

## RECIPE

# Protein Pancakes

⌚ 15 minutes / 2 servings

**A SMARTER TAKE ON A COMFORT CLASSIC**, offering sustained energy and blood sugar support without the typical crash.

### INGREDIENTS

- 1 cup rolled oats
- 2 scoops protein powder
- ½ cup almond milk
- 1 banana
- 1 egg
- ½ tsp cinnamon
- 1 tsp vanilla
- 1 pinch of salt
- 1 tsp citrus zest (optional)
- ¾ cup plain coconut or Greek yogurt
- ¼ cup berries



### INSTRUCTIONS

- 1 BLEND** rolled oats, protein powder, almond milk, banana, egg, cinnamon, vanilla, and a pinch of salt. Add citrus zest if you like.
- 2 POUR** batter onto a hot, lightly oiled skillet—makes about 12 pancakes.
- 3 COOK** until bubbles form, flip, and brown the other side.
- 4 TOP** each serving with plain coconut or Greek yogurt and berries.
- 5 FREEZE** extra for another breakfast.

### NUTRITIONAL INFO PER SERVING

CALORIES

425

PROTEIN

35g

FIBER

7g