

High Protein Recipe

Protein Pancake

25P/30C/8F

- 40g oats
- 125g liquid egg whites
- 1 whole egg

Heat a large skillet over medium-high heat. Spray with your avocado oil or other cooking spray.

Add the oats, egg, and egg whites (optional cinnamon) to your blender. Blend until the oats are smooth and you have a batter. Pour into your skillet.

Once bubbles start to form in your pancake and the edges firm up (about 2 1/2 minutes), flip your pancake. Cook for another 2 1/2 minutes or so, or until the bottom is golden brown.

- Need more protein and carbs
 - o Double the oats and egg whites
- Need more protein
 - o Add more egg whites (consistency may be a little different however still good!)
 - o Have a cup of nonfat Greek yogurt with your meal
- Need more carbs
 - o Berries
 - o Banana
 - o Maple Syrup
- Need more fat
 - o Peanut/almond butter