CINNAMON & BANANA PROTEIN PANCAKES

INGREDIENTS:

- 1 Large Banana
- 2 Organic Eggs
- 1/8 Teaspoon Baking Powder
- 2 Tbls Cinnamon Whey Protein Powder*



NUTRITION PER PANCAKE:

- 42 calories
- 1g fat,
- 32mg cholesterol
- 4.5g carbs
- 2.7g sugar
- .7g fiber
- 49mg sodium
- 3.7g protein

Reference: www.eatingwell.com

DIRECTIONS:

- Step 1: Place a medium skillet over medium heat on the stove. Let it heat up while you prepare the pancakes.
- Step 2: To prepare the pancakes, mash the banana well with a fork. Add the eggs, baking powder, and protein powder and whisk until well combined. Spray the skillet with nonstick cooking spray before adding in 2-3 tablespoons of the pancake mixture.
- Step 3: Let the pancakes cook for roughly 30 seconds before flipping and letting the other side cook for the same amount of time.
- Step 4: Remove to a plate and serve with nut butter, syrup, butter, fruit, or whatever you'd like!
- Makes 10 pancakes.

*Protein can be purchased at the front desk