

Brilliant Banana Protein Pancakes

musclefood
Premium nutrition for healthy living

Ingredients:

For 1 Serving:

- **1 scoop** banana protein powder
- **40g** oat flour
- **A pinch** of baking powder
- **2 tbsp** Greek yoghurt
- **1** egg white
- **1 tbsp** coconut flour
- **½** a mashed banana
- **3-4 tbsp** unsweetened almond milk



Zanna has boldly declared these tasty Banana Protein Pancakes as "the ultimate protein pancakes..." Agree or disagree?

Cooking method

- 1** Combine all the ingredients together in a blender or food processor.
- 2** Once well mixed, heat a little coconut oil in a pan over a medium heat.
- 3** Pour in the pancake mix.
- 4** Flip when the bubbles begin to appear on the surface.
- 5** Serve with your favourite fruit toppings – delish!

Serves: 1

23g
PROTEIN
290
CALORIES
36g
CARBS
6g
FATS
3g
SAT FATS
9g
SUGAR
2g
FIBRE

