



Protein powder rated top in market are as follows:

Animal Based:

Dr. Mercola
Designer Whey

Plant based:

Sun Warrior
Vega
Garden of Life

Classic Protein Pancakes

- 2 scoops protein powder flavor of your choice
- 1/4 cup unsweetened coconut milk
- 1 tsp cinnamon
- 1 cup oats
- 1 tsp baking powder
- 1 fill egg 1 egg white
- You can also add ½ blueberries

DIRECTIONS:

Mix all ingredients together in a bowl.

Spray a medium-sized skillet with nonstick spray, then place on medium heat.

Pour in batter. Once you see tiny bubbles appear on the top of the pancake, flip.

When each side is golden brown, the pancake is ready to be served. Enjoy!



Cinnamon Vanilla Almond Butter Protein Pancakes

- 1 scoop Vanilla Whey protein
- 1 full egg 2 egg whites
- ¼ tsp cinnamon
- 1/4 cup water or unsweetened almond milk
- 1 tbsp almond butter
- 1 tsp raw honey

DIRECTIONS

Mix ingredients first four ingredients in a bowl. If needed, add a bit more water.

Cook over medium heat.

Plate and spread 1 tbsp almond butter on top of the pancakes.

Drizzle with honey

If desired, add a few strawberries and or blueberries deliciousness!

Lemon Protein Pancakes

- 1/3 cup almond flour
- 2 full eggs 3 egg whites
- 1/2 tsp baking soda
- 2 tsp grated lemon peel
- 1 tsp honey
- pinch of salt
- Greek yogurt and ¼ cup blueberries, for garnish if desire

DIRECTIONS

In a large bowl, combine all ingredients. Mix together and whisk until smooth.

Cook batches in pre-sprayed skillet on medium high temperature until bubbles form on the surface, then turn over and cook until dark golden brown