

SNACKS & TREATS

HIGH PROTEIN LOW CARB PANCAKES

INGREDIENTS:

- 1 Large Very Ripe Banana
- 1/8 tsp Cinnamon
- 1/4 tsp Baking Powder
- 1/4 tsp Salt
- 2 large Eggs
- 1 Scoop Bioteen Vanilla Whey Protein

METHOD:

Beat the egg whites on high for 2 minutes until they form soft peaks. Add egg yolks with the remaining ingredients to a bowl and beat until smooth. Gently fold 1/3 of the egg whites into the banana mixture until combined. Fold half of the remaining egg whites into the mixture and finally the last portion until fully combined. Heat a skillet over low heat. Scoop 1/4 c. of the mixture onto the skillet and cook for 60-90 seconds on each side. Serve immediately. Top with fresh fruit, plain, Greek yogurt mixed with some honey. Makes 8.

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