

High Protein Banana Pancakes



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 large [50 g] Egg
- 1 medium (7" to 7-7/8" long) [118 g] Bananas
- 1.5 scoop (20 g) [30 g] Protein Powder
- 3 pumps [3 g] Avocado Oil Cooking Spray
- 1 tbsp [21 g] Honey
- 0.5 medium (7" to 7-7/8" long) [59 g] Banana (For topping)

DIRECTIONS

1. In a small bowl, combine the egg, ripe banana, and unflavored whey protein isolate. Stir until combined. If too thick, add 0.5 tbsp of water at a time and stir before adding more. Do not add water if batter is at desired thickness.
2. Heat a flat skillet over low-medium heat and spray with non-stick avocado oil spray.
3. Pour the batter onto the flat skillet and once the pancakes begin to bubble, flip and cook until the batter is no longer raw.
4. Top pancakes with honey and bananas.
5. Serve warm and enjoy!

NUTRITION INFO

Calories : 438.5

Fat : 7.31 g

Carbs : 57.81 g

Protein : 41.33 g

Fiber : 6.15 g