

# High Protein Blueberry Pancakes

## Ingredients

- ✓ 1/4 cup liquid egg whites (around 4 eggs)
- ✓ 1 scoop (25g) of vanilla whey powder
- ✓ 1/2 banana, mashed
- ✓ almond milk, if needed
- ✓ 1/4 cup (25g) fresh or frozen blueberries
- ✓ 1/2 tsp. coconut oil



## Procedure

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favorite toppings.

**Serves 1**

### Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36