



ALTERED ATHLETICS

PROTEIN PANCAKES WITH GREEK YOGURT TOPPING

Calories: 365

Protein: 33g | **Carbs:** 35g | **Fat:** 8g

Ingredients:

Rolled oats – 40g

1 Whole egg & Egg whites – 100g

Banana – 50g

Vanilla protein powder – 20g

Baking powder – 3g

Greek yogurt (non-fat) – 100g

Cinnamon, vanilla extract – optional

Directions:

Blend oats, egg whites, egg, banana, and protein powder until smooth.

Cook pancakes in a nonstick pan.

Top with Greek yogurt and cinnamon.