
Protein Pancakes

Ingredients

4 egg whites
1/2 cup blueberries
1 serving protein powder
3 teaspoons almond butter

1. Mix protein powder and egg whites together in a bowl
2. Stir in blueberries
3. Heat a lightly oiled griddle or frying pan over medium high heat. Pour the batter onto the griddle. Pancake is done when both sides are browned and the middle isn't runny.
4. Spread almond butter on cooked pancake

Makes 1 pancake



Nutritional information: 5 blocks protein, 1 block carbohydrates, 9 blocks fat

Protein Pancakes are a great pre-workout meal
