

Protein Pancakes



Nutritional Info

Servings size: 1 pancake

Amount Per Serving

Calories: 278

Total Fat: 7g

Carbs: 30g

Protein: 33g

Ingredients

4 egg whites
1/4c Old fashion oatmeal
1 tbsp Oat Bran
1 tsp milled flaxseed
1 tsp cinnoman
2 tbsp vanilla protein powder
1/4 c. blueberries

Directions

Add all ingredients (Mix well)
Spray pan with Olive oil PAM Cook about 2 minutes on each side.
Drizzle with Agave