

Keto Friendly Banana Protein Pancakes

Ingredients

- 1 scoop Muscle Protein Whey Power
- 1 medium banana
- 2 eggs
- 1/4 teaspoon ground cinnamon



Time Required

15 minutes

Tools Required

Food processor / blender

Notes

Directions

1. Blend banana until it forms a paste
2. Add eggs, cinnamon and protein powder and blend again until a smooth batter is formed.
3. Pour into a pan over a medium heat. Allow one side to brown lightly then flip to cook the other side.