

Happy Meal Power Chocolate Pancakes



Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (1 large) Egg white
- Dash of water

Optional Serving Suggestions:

Drizzle Walden Farms Zero Calorie maple or Blueberry Syrup on top

What to make for breakfast that boosts metabolism and block cortisol levels — and kids will love?
Happy Meal Power Chocolate Pancakes!

NUTRITIONAL INFO

Calories: 172

Fat: 0.1 grams

Carbs: 10.2 grams

Fiber: 0 grams

Protein: 27.6 metabolic boosting grams

Servings: 1 per recipe

Directions:

- Mix Protein Powder, egg white, and a dash of water in a small bowl
- Pour mixed contents into non-stick skillet on medium heat
- Cook until done — 1–2 minutes per side (careful not to overcook)