

Slimming Cinnamazing Pancakes



This is the world's cleanest and leanest pancake. A go-to recipe for those busy mornings when you need to save time without sacrificing health and nutrition.

NUTRITIONAL INFO

Calories: 172

Fat: 0.1 grams

Carbs: 10.2 grams

Fiber: 0 grams

Protein: 27.6 metabolic boosting grams

Servings: 2 per recipe

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (1 large) Egg white
- (1 tbsp.) Cinnamon
- Dash of water

Optional Serving Suggestions:

Drizzle Walden Farms Zero Calorie maple or Blueberry Syrup on top

Directions:

- Mix Protein Powder, egg white, cinnamon, 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)