



Top 20
ABS High Protein
Recipe Ebook

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ABS Protein Pancakes Blueberry Cake

Recipe from Instagram: [CleannDirtyTreats](#)

Ingredients:

- 1 Scoop ABS Protein Pancake Mix in Vanilla Cake
- 1/3 cup liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- ½ Plain Non Fat Greek Yogurt
- 1 Packet or 1 tsp Stevia
- ¼ cup Blueberries

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Combine ½ cup plain Non-Fat Greek Yogurt with Stevia and use to layer the pancakes. Top off with the ¼ cup of blueberries and sugar-free syrup (optional). Enjoy!



ABS Protein Pancakes Chocolate Chip Brownie Delight

Recipe from Instagram Follower: Njstramfam

Ingredients:

- 1 Scoop ABS Protein Pancake Mix in Chocolate Chip
- 1/3 Cup liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- Walden Farms Calorie Free Chocolate Syrup
- 1 Tbsp Almond Butter or Natural Peanut Butter
- 1 Cocoa Crunch Square Bar

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping:

Top pancakes with 1 tbsp of Almond Butter or Natural Peanut Butter, Chopped Cocoa Crunch Square Bar (or other organic protein bar), and Walden Farm Calorie Free Chocolate Syrup



ABS Protein Pancakes Funfetti Cake

Recipe from Instagram follower: [Lowcarbcooking](#)

Ingredients:

- 1 Scoop ABS Protein Pancakes in Vanilla Cake Batter
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Tbsp Sprinkles
- Walden Farms Calorie Free Syrup (optional)

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites, 1/3 cup unsweetened almond milk, and 1 tbsp sprinkles until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown. Top with Walden Farms Calorie Free Syrup (Optional).



ABS Protein Pancakes Blueberry Coconut Cake

Recipe from Instagram follower:
Livingleanwitherin

Ingredients:

- 1 Scoop ABS Protein Pancakes in Vanilla Cake Batter
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- ½ Cup Fresh Blueberries
- 1 tbsp Coconut Cream or Coconut Butter

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Toppings: Spread 1 tbsp Coconut Cream or Coconut Butter on top of pancakes and add ½ cup blueberries.



@livingleanwitherin

ABS Protein Pancakes Choco Coconut

Recipe from Instagram follower: **Thefitbaldman**

Ingredients:

- 1 Scoop ABS Protein Pancakes in Chocolate Chip
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Tbsp Stevia Sweetened Chocolate Chips
- 1 Tbsp Coconut Butter
- Walden Farms Calorie Free Syrup

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping:

Spread 1 tbsp coconut butter on top of pancakes and add additional 1 tbsp stevia sweetened chocolate chips. Top with Walden Farms Calorie Free Syrup (optional).



ABS Protein Pancakes Chocolate Chip Banana Foster

Recipe from Instagram follower CleanNDirtyTreats

Ingredients:

- 1 Scoop ABS Protein Pancakes in Chocolate Chip
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Tbsp Non Fat Greek Yogurt
- 1 Tbsp Chocolate Casein Powder
- 1 Tbsp Water
- ½ Sliced banana
- ¼ Cup Walden Farms Calorie Free Chocolate syrup
- 1 Tbsp Stevia Sweetened Chocolate Chips

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Toppings:

Using Pam or Non Stick Cooking Spray cook banana slices until golden brown. Mix together Greek Yogurt, Chocolate Casein Powder and Water to create chocolate layer and layer pancakes with the chocolate mixture. Top with the pan fried bananas, stevia sweetened chocolate chips and calorie free chocolate syrup.



ABS Protein Pancakes Cinnamon Raisin Cream Cheese

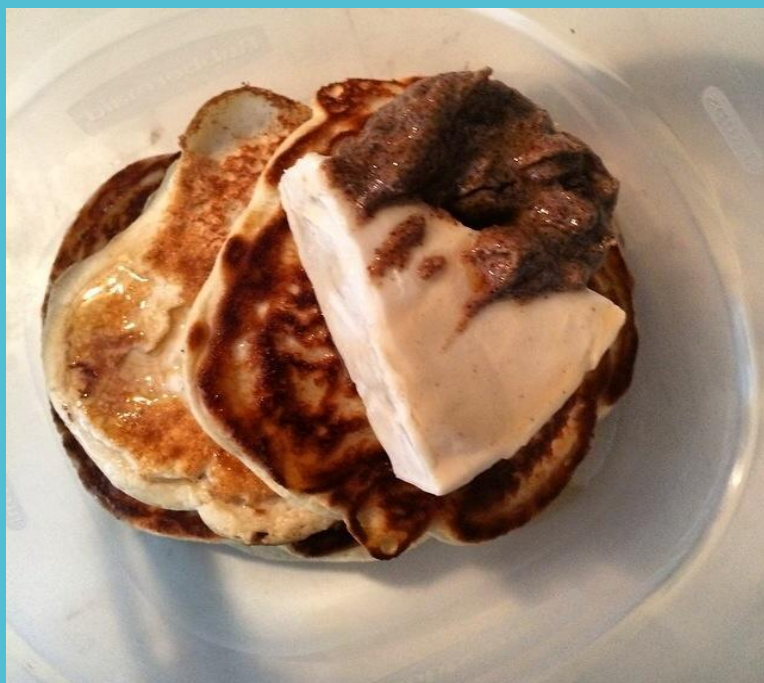
Recipe from Instagram follower: Maghanwilbur

Ingredients

- 1 Scoop ABS Protein Pancakes in Cinnamon Swirl
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Wedge Laughing Cow Cinnamon Cream Cheese
- 1 Tbsp Nuts n' More Cinnamon Raisin Almond Butter
- ¼ Cup Sugar Free or Calorie Free Syrup

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.



Topping:

Spread 1 tbsp of Nuts n' More Cinnamon Raisin Almond Butter and top with Laughing Cow Cinnamon Cream Cheese. Top off with sugar-free or calorie free syrup (optional).

ABS Protein Pancakes Banana Chocolate Crepes

Recipe from Instagram follower: Aestheticsfood

Ingredients:

- 1 Scoop ABS Protein Pancakes in Cinnamon Swirl
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1-2 Tbsp Water
- ½ Sliced Banana
- 1 Cocoa Crunch Square Bar
- Walden Farms Calorie Free Pancake Syrup

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites, 1-2 tbsp water and 1/3 cup unsweetened almond milk until creating a thin pancake batter consistency. Cook on medium heat into 4-5 thin crepe like pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown. (The pancakes should come out like thin crepes that you are able to roll).

Filling and topping: Lay pancakes out separately and add chopped up square bar and sliced banana to each one. Roll into a crepe and top off with Walden Farms Calorie Free Syrup.



ABS Protein Pancakes Cinnamon Bacon Roll Up

Recipe from Instagram follower: **Thekitchenkitty**

Ingredients:

- 1 Scoop ABS Protein Pancakes in Cinnamon Swirl
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 tbsp water
- 3 Slices of Turkey Bacon
- Walden Farms Calorie Free Syrup

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites, 1 Tbsp Water and 1/3 cup unsweetened almond milk until creating a thin pancake batter consistency. Cook on medium heat into 3 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown. (Pancakes will come out like a crepe for this recipe)

Filling:

Cook 3 slices of turkey bacon on medium heat skillet until fully cooked. Lay one slice of bacon on one pancake and roll up like a crepe placing a toothpick in the roll up to hold together. Top with Walden Farms Calorie Free Syrup.



ABS Protein Pancakes Cinnamon Pumpkin Pecan

Recipe from Instagram follower: [Livingleanwitherin](#)

Ingredients:

- 1 Scoop ABS Protein Pancakes in Cinnamon Swirl
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- ¼ Cup Almond Milk
- 1 Tbsp Canned Pumpkin
- 1 T Stevia
- 2 Whole Pecans Chopped
- Dash of Cinnamon

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping:

Over a low flame in a small saucepan heat ¼ cup almond milk with 1 Tbsp canned pumpkin, 1 Tbsp Stevia and dash of Cinnamon. Let it reduce and drizzle on top of pancakes. Top with the 2 chopped pecans and enjoy.



ABS Protein Pancakes Cinnamon Vanilla Espresso Dessert

Recipe from ABS Protein Pancake

Creator: AshleyDrummonds

Ingredients:

- 1 Scoop ABS Protein Pancakes in Cinnamon Swirl
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- ½ Cup Vanilla Arctic Zero “Ice Cream”
- 1 Tbsp Vanilla Espresso Almond Butter
- Walden Farms Calorie Free Syrup

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.



Topping and Filling:

Layer Cinnamon Swirl Pancakes with 1 Tbsp Vanilla Espresso Almond Butter. Top the pancakes with ½ Cup Vanilla Arctic Zero and drizzle with Walden Farms Calorie Free Syrup and dash of cinnamon (optional).

ABS Protein Pancakes Apple Pie

Recipe from ABS Protein Pancake Creator: AshleyDrummonds



Ingredients:

- 1 Scoop ABS Protein Pancakes in Vanilla Cake Batter
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- ½ Cup Sliced Apples
- ½ Cup Non-Fat Greek Yogurt
- 1 tsp Stevia
- Walden Farms Calorie Free Syrup
- Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping and Filling:

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Warm sliced apples in the microwave for 30-45 seconds or on medium heat skillet. Mix greek yogurt with Stevia until fully blended and layer the pancakes with the greek yogurt filling. Top pancake stack with warmed apples, dash of cinnamon and Walden farms calorie free syrup.

ABS Protein Pancakes Berry Cobbler

Recipe from ABS Protein Pancake Creator: Ashley Drummonds



Ingredients:

- 1 Scoop ABS Protein Pancakes in Vanilla Cake Batter
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Cup Mixed Berries
- ½ Cup Non-Fat Greek Yogurt
- 1 Packet Stevia
- Walden Farms Calorie Free Syrup

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping:

Warm 1 Cup of Mixed Berries with Walden Farms Calorie Free Syrup for 30-45 Seconds. Mix stevia and Greek yogurt until well blended and top pancakes with mixture. Take the berry and syrup mix and top on Greek yogurt and enjoy!

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ABS Protein Pancakes Peanut Butter Explosion

Recipe from ABS Protein Pancake Creator: Ashley Drummonds

Ingredients:

- 1 Scoop ABS Protein Pancakes in Chocolate Chip
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Tbsp PB2
- 1 Quest Peanut Butter Craving Cup
- Walden Farms or Sugar-Free Syrup

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping:

Take 1 tbsp PB2 and mix with 1 tbsp water until it creates a peanut butter like consistency. Top PB2 on pancakes. Crumble 1 Quest Craving cup on top of the PB2 and drizzle with syrup.



ABS Protein Pancakes Chocolate Mountain with Cookies and Cream Filling

Recipe from ABS Protein Pancake Creator: Ashley Drummonds

Ingredients:

- 1 Scoop ABS Protein Pancakes in Chocolate Chip
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Tbsp Unsweetened Cocoa Powder
- ½ scoop Cookies and Cream Protein Powder
- ¼ Cup Non-Fat Greek Yogurt
- Walden Farms Calorie Free Chocolate Syrup
- 1 Tbsp Stevia Sweetened Chocolate Chips

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites, 1/3 cup unsweetened almond milk, and 1 tbsp cocoa powder until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping and Filling:

Mix non-fat Greek Yogurt, Cookies and Cream Protein Powder until you have a thick cream filling. Layer Pancakes with filling. Top with Walden Farms Calorie Free Syrup and 1 tbsp Stevia Sweetened chocolate chips.



ABS Protein Pancakes Birthday Cake

Recipe from ABS Protein Pancakes Creator: Ashley Drummonds

Ingredients:

- 1 Scoop ABS Protein Pancakes in Vanilla Cake Batter
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- ½ Cup Non-Fat Greek Yogurt
- 1 Tbsp Vanilla Cake Batter ABS Protein Pancake Mix
- 1 Packet of Stevia
- 1 Tbsp Sprinkles
- Few drops vanilla extract

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Topping:

Mix 1 Tbsp Vanilla Cake Batter ABS Protein Pancake Mix, ½ cup Non-Fat Greek Yogurt, 1 Packet of Stevia and a few drops of vanilla extract until completely mixed. Top pancakes with “icing” and add sprinkles.



ABS Cake Batter with Maple Cream Fluff

Recipe from Instagram follower: @njstramfam

Ingredients:

- 1 Scoop ABS Protein Pancakes in Vanilla Cake Batter
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Tbsp Vanilla Cupcake Coconutter from Sweet spread
- Drizzle of Blueberry lime jam
- ¼ Cup Part Skim Ricotta Cheese
- Maple Syrup
- Stevia

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.



For maple cream fluff layer:

Take ¼ cup of part skim ricotta cheese with 1tbsp maple syrup and 2 packets of stevia and stir together. Spread between pancake layers.

Top off pancakes with the Vanilla Cupcake Coconutter and Enjoy!

Pumpkin Chocolate Chip ABS Pancakes

Recipe from Instagram follower: @eatclean_livestrong

Ingredients:

- 1 Scoop ABS Protein Pancakes in Chocolate Chip
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- ¼ Cup Pure Pumpkin

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites, 1/3 cup unsweetened almond milk and ¼ cup pure pumpkin until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Top off pancakes with Cinnamon and Sugar-Free Syrup (Optional).



Chocolate Chip Nutty ABS Pancakes with Whey Whip Ice Cream

Recipe from Instagram follower: @missypandabear23_



Ingredients:

- 1 Scoop ABS Protein Pancakes in Chocolate Chip
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Tbsp Nut Butter (Almond Butter was used in this recipe)
- 1 Small container of Whey Whip Ice Cream

Directions:

Mix ABS Protein Pancake Mix with 1/3 cup liquid egg whites and 1/3 cup unsweetened almond milk until creating a pancake batter consistency. Cook on medium heat into 3-4 pancakes on one side for 45-60 seconds or until edges are bubbly then flip and cook on opposite side for an additional 45-60 seconds until pancakes are golden brown.

Top off pancakes with your choice of Natural Almond Butter or Peanut Butter and Sugar Free Syrup. Add a side of the whey whips ice cream for a special treat!

ABS Chocolate Chip Mug Cake

Recipe from Instagram follower:
@Livingleanwitherin

Ingredients:

- 1 Scoop ABS Protein Pancakes in Chocolate Chip
- 1/3 Cup Liquid Egg Whites
- 1/3 Cup Unsweetened Almond Milk
- 1 Packet of Stevia

Directions:

Spray a large coffee mug with non-stick spray. Pour batter into coffee mug and microwave for approximately 1:45-2:00 (make sure not to overcook). Take mug out of microwave and flip upside down onto a plate for the cake to come out.

Optional topping: Almond Butter or Peanut Butter.

*Cake will come out like a molten cake a little gooey on the inside which makes it super tasty!



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