



PROTEIN POWDER RECIPES



SKILLET VANILLA PROTEIN PANCAKES

 6 servings  5 minutes
(approx 2 pancakes)

**296 calories, fat 3.6g, carbs 40g, sugar 5.8g,
fiber 5.8g, & protein 30g**

INGREDIENTS

- 2 cups whole wheat flour
- 4 scoops ProCare Health Vanilla Protein Powder
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 1/2 cups egg whites
- 8 tbsp low fat vanilla Greek yogurt
- 1/2 cup of vanilla almond milk or 1% milk (add more if mix seems dry)
- 2 tsp coconut oil
- pure maple syrup

INSTRUCTIONS:

1. In your mixing bowl add the flour, protein powder, baking powder, and cinnamon. Mix together until fully blended.
2. Next add your egg whites along with the Greek yogurt to the bowl. Mix again until you get a nice, thick batter-like consistency.
3. Melt your coconut oil in a skillet over medium heat. Go a little higher with the heat if your pan isn't really hot. (Cast iron works well - if you have one available!)
4. Scoop some batter into your skillet and cook pancakes until bubbles form all around the top of the pancake. You can use your spatula to edge around your pancake to make certain it doesn't stick. Flip with a spatula and cook for a few more minutes until the pancake is golden brown and cooked through.
5. Top your pancakes with various toppings like honey roasted walnuts, fresh blueberries, fresh strawberries, or enjoy pure maple syrup on your pancakes.

NOTES

Great breakfast recipe that is wholesome and filling! Match with your favorite toppings!
(Note: Maple syrup and other toppings aren't included in the above macros (calorie content).)