

LEAN BODY®



Protein Pancakes

HOW TO MAKE THEM

1. Combine all of your ingredients together in a blender or food processor
2. Blend or process everything together
3. Take out a pan, turn your burner on Medium Heat, and coat it with some non-stick cooking spray
4. Pour your mix in and cook each side for around 2 minutes
5. Repeat until your mix is gone

INGREDIENTS

- 1/2 Cup (113g) Fat Free Cottage Cheese
- 1 Large Whole Egg
- 2 Large Egg Whites
- 1 Ounce Your Choice Flavor **Lean Body RTD** or Milk
- 3 Tablespoons (21g) Coconut Flour
- 1/2 Teaspoon Ground Cinnamon
- 1 1/2 Teaspoons Baking Powder
- 1 Scoop (35g) Your Choice Flavor **Lean Body MRP**

NUTRITION

Whole Recipe
Makes: 1 Recipe
Calories: 444
Fat: 12g
Saturated Fat: 6g
Sodium: 604mg
Carbs: 31g
Fiber: 11g
Sugar: 9g
Protein: 53g

TIPS

Add into your mix or on top of your pancakes whatever you want!

Make your pancakes thicker by using less RTD or milk!



 **12:00**