



Healthy Vanilla Protein Pancake with Icing

Cook Time: 10 minutes

Servings: 1

Pancake Ingredients

- 1 Scoop Vanilla Protein Powder
- 1 tbsp. Almond Flour
- 1/2 tsp. Cinnamon
- 1 tbsp. Stevia
- Pinch of Baking Powder
- Pinch of Himalayan Salt
- 1/2 Cup Egg Whites
- 1/4 Cup Vanilla Almond Milk

Icing Ingredients

- 1 tbsp. Nut Butter
- 1 tbsp. Non-Fat Plain Greek Yogurt
- Splash of Vanilla Almond Milk

Fruit

- 1/2 Banana

Instructions

1. Put 1 scoop vanilla protein powder, 1 tbsp. almond flour, pinch of baking powder, pinch of Himalayan pink salt, 1/2 tsp. cinnamon, 1 tbsp. Stevia, 1/2 cup egg whites, and 1/4 cup almond milk in a bowl.
2. Whisk until it's smooth.
3. Pour into pan.
4. Shake the pan a bit to see if the top is still wet. Once it starts to get cooked on top with just a little wetness, then it's time to flip (about 5 minutes).
5. Flip and cook for another minute or two.
6. Put 1 tbsp. of your favorite nut butter, 1 tbsp. non-fat plain Greek yogurt, and a splash of vanilla almond milk in a small bowl.
7. Stir it up.
8. Put the pancake on a plate, and place a dollop of icing on top.
9. Add 1/2 sliced banana, and dust the top with a little cinnamon.

