

Blueberry Protein Packed Pancakes

Serves: 1

Ingredients:

- 20g Protein (Evolve WPI used for analysis)
- 40g traditional oats
- 5g flaxseeds
- 30g non-fat plain Greek yogurt
- 80g unsweetened almond milk
- 1g baking powder
- 60g blueberries
- 1g Cinnamon and
- 1g Stevia

Method

1. In a sauce pan, heat non-stick cooking spray over medium high heat.
2. Blend all ingredients together in separate bowl, reserving a few blueberries for serving.
3. Pour mixture on pan and add half the blueberries to the pancake.
4. When bubbles form on the surface, flip pancake and cook for another 2-3 minutes.
5. Once pancake is done, top with remaining blueberries and sugar-free syrup.