

Protein Packed Pancakes - Sweet

Makes 2 pancakes (2 servings) – 4-5 grams of fiber per serving

Ingredients:

¼ cup	Milk of your choice
2 teaspoon	Almond meal
1 tablespoon	Vanilla protein powder
1 teaspoon	Vanilla
2	Eggs
2	Egg whites
	Olive oil

Directions:

1. Beat eggs and milk together until combined
2. Gently sift almond meal and vanilla protein powder into the egg mix to avoid lumps, beat until completely combined
3. Add vanilla essence mix until combined
4. Heat a heavy based fry pan and spray with olive oil
5. Pour half the mix into the pan and cook on one side, then flip and cook on the other side until golden
6. Repeat
7. Serve warm rolled with one of the following fillings - Fresh berries and Greek or vanilla yoghurt OR Fruit berry jam and fresh ricotta

Nutrition Facts

Per serving (1 pancake)

Calorie	Protein	Carbohydrates	Fat	Sodium	Sugar
201	22g	3g	10g	166mg	1g

Protein Packed Pancakes - Savory

Makes 2 pancakes (2 servings) – 4-5 grams of fiber per serving

Ingredients:

¼ cup	Milk of your choice
2 teaspoon	Almond meal
1 tablespoon	Plain protein powder
1 teaspoon	Parmesan cheese
2	Eggs
2	Egg whites
	Olive oil

Directions:

1. Beat eggs and milk together until combined
2. Gently sift almond meal and whey protein powder into the egg mix to avoid lumps, beat until completely combined
3. Add nutritional yeast/cheese for savory pancake, mix until combined
4. Heat a heavy based fry pan and spray with olive oil
5. Pour half the mix into the pan and cook on one side, then flip and cook on the other side until golden
6. Repeat
7. Serve warm rolled with one of the following fillings - Smoked salmon (Leave out for strict vegetarians), cream cheese and capers OR Avocado, semi sundried tomatoes and sour cream

Nutrition Facts

Per serving (1 pancake)

Calorie	Protein	Carbohydrates	Fat	Sodium	Sugar
200	22g	3g	10g	180mg	1g