



Ashley's Meal Prep Monday!

Protein Pancakes - flourless!



INGREDIENTS

2 eggs

3/4 cup protein powder,
vanilla is recommended. I

use Be Amazing brand,
Pancakes and Waffle flavor

1 1/2 TSP baking powder

1/2 cup almond milk - maybe
more depending on what
type of protein powder you
use

butter , peanut butter and
syrup for serving

* add ins: vanilla, flax seed,
cinnamon, chocolate chips,
whatever else you wanna
add!

In a medium bowl, whisk the eggs. Add in the protein powder and baking powder, whisk until no lumps are visible. This will be thick. Add 1/4 cup of almond milk, maybe a little more depending on the protein powder - not all are created equal. Whisk until the batter is smooth, adding the rest of the milk if necessary.

Heat a non-stick pan over medium-high heat. Once hot, grease with butter or oil. Pour or scoop 1/4 cup of batter for each pancake. Wait until bubbles form and the edges are defined to flip, about 2-3 minutes. Continue cooking for an addition minute or so on the other side. Remove from pan and repeat with remaining batter.



Recipe: www.laurafuentes.com

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