



EEZY PEEZY PROTEIN PANCAKES



Serving Size – 2 pancakes = 32 grams Protein

This recipe makes 7 x 80g pancakes. Each 80g contains 16g Protein

Ingredients:

- 2 Extra Large eggs –(104g)
- 30g Brown sugar
- 10g Vanilla essence
- 250g Milk
- 100g Whey protein concentrate'
- 180g Wholemeal self-raising flour

Method:

- Using a food processor or electric mixer, whip eggs and sugar till fluffy – about 2 min
- Add vanilla essence and milk, mix for 20 seconds
- Add whey powder and mix on high for 30 seconds (any flavour)
- Add flour and mix 20 -30 seconds

To Cook:

- Pre-heat non-stick frypan to medium heat – about setting 6 or 7 out of 9
- When hot, cover bottom of pan with about 30ml (3Tbsp) veg oil or rice bran oil
- Using a big spoon, drop pancake mix into pan to make discs approx. 10cm diameter
- Cook till golden brown, about 1 minute and flip with spatula
- Cook another minute, until brown
- Check they are cooked through and remove from pan onto paper towel
- Serve with maple or your choice of toppings