



# *Banana Protein Pancakes*

A RECIPE BY LANCHANA GREEN

## *Ingredients*

- 1 banana
- 2 eggs
- 5 tbsp cottage cheese
- 60g oats
- 1 scoop protein powder (optional)
- Chia seeds (optional)

Makes 8-10 small pancakes (2 servings)

## *Directions*

- Put all ingredients into a blender and blend until smooth.
- Heat a little coconut oil in a frying pan on a low/medium heat.
- Pan fry small batches of mixture, again slow and steady for these!

PROTEIN: 25G FATS: 10G CARBS: 36G CALS: 315 PER SERVING