



Protein Pancakes

A RECIPE BY LANCHANA GREEN

Ingredients

- 1 x egg
- 30g cottage cheese
- 25g oats
- 1/2 scoop vanilla protein powder
- Sometimes I add in some chia seeds too

Makes approx 4-5 small pancakes.

Directions

- You can blend all the ingredients but I just put them into a bowl and mash the lumps with a fork...sounds delightful!
- Heat some coconut oil in a pan on medium/low heat and make the pancakes in small batches. The trick is slow and steady here!

PROTEIN: 24G FATS: 8G CARBS: 19G CALS: 238 PER SERVING