

Recipe – Protein Pancake

Recipe taken from Pat Grieco of Mindless Meals

Ingredients:

- 1/3 cup rolled oats, old fashion style (measure uncooked)
- 1 whole egg and 2 egg whites (or 3 whole eggs)
- Optional add-ins:
 - ½ tsp vanilla
 - ½ tsp cinnamon
 - ¼ tsp ginger
 - ¼ tsp stevia
 - handful chopped walnuts
 - pinch crushed red pepper
 - ½ cup blueberries

Directions:

MIX oatmeal with eggs

ADD any or all optional add-ins to taste

LET SIT for 5 minutes, if you have time, for oatmeal to absorb the egg liquid (this step is not essential but makes for a more pancake-like final result)

HEAT small fry pan or omelet pan and add oil to coat bottom

POUR pancake mixture into pan

COOK on one side uncovered till bottom is browned, about 3 to 5 minutes

FLIP pancake over and cook for a few more minutes till other side is browned

Nutritional information with 3 eggs and 1/3 cup oatmeal:

Serving Size: 1 pancake
Carbohydrates: 18 grams
Fiber: 3 grams
Protein: 24 grams

Nutritional information with 1 whole egg and 2 egg whites and 1/3 cup oatmeal:

Serving Size: 1 pancake
Carbohydrates: 18 grams
Fiber: 3 grams
Protein: 22 grams

Nutritional information with 2 whole eggs and ¼ cup oatmeal:

Serving Size: 1 pancake
Carbohydrates: 14 grams (lower carb)
Fiber: 2 grams
Protein: 17 grams