



Blueberry Protein Pancakes

INGREDIENTS

½ ripe banana,
mashed well
1 egg
½ scoop vanilla
protein powder
¼ tsp. cinnamon
½ cup blueberries

DIRECTIONS

- 1.Heat a pan over medium heat.
- 2.Mix banana, egg, protein powder and cinnamon together in a bowl. Add blueberries.
- 3.Grease the pan with non -stick spray. Use a ¼ measuring cup to pour the batter into the pan.
- 4.Once the pancake begins to bubble, flip it over and cook the other side.

