



PROTEIN PANCAKES

Makes 6 servings | Serving size: 2 (4-5 inch) pancakes

PREP TIME

5 min

COOK TIME

20 min

TOTAL TIME

25 min

Power up your morning with 14 grams of protein inside each of these delicious pancakes! Greek Yogurt might seem like an odd ingredient, but it actually adds protein and makes the pancakes fluffy.

Ingredients

- ½ cup fat-free, plain Greek yogurt
- 2-2 ½ cups 1% milk (depending on consistency)
- 1 scoop vanilla iFit Nutrition protein powder
- 1 egg
- ⅛ teaspoon cinnamon
- 2 cups whole wheat flour
- 2 teaspoons baking powder



Directions

1. In a blender, blend together the yogurt, milk, protein, egg, cinnamon and vanilla.
2. In a separate bowl, stir together flour and baking powder
3. Add liquid mixture to the dry ingredients and combine thoroughly.
4. Heat a nonstick skillet on medium-low heat (use non stick spray as needed).
5. Measure ¼ cup batter and pour into the hot skillet. Tilt the pan in a circular motion to spread the batter around the pan. Heat until the bubbles on top start to pop.
6. Flip the pancake and heat another 1-2 minutes until the bottom is golden brown.
7. Remove from heat, top with desired toppings, and enjoy! (These also freeze well)