

RECIPE



Banana Oatmeal Pancakes

Start your day off on the right foot with these delicious, healthy pancakes! Filled with fiber, protein, and healthy fats, these pancakes will leave you feeling satisfied and ready to take on the day!

Ingredients:

- 1.5 cups oats
- 1.5 cups water
- 1 banana
- 1 Tbs. ground flaxseed
- 4 scoops Trader Joe's Vanilla Whey Protein Powder
- 1 Tbs. cinnamon
- 1 Tbs. maple syrup
- ¼ cup chopped walnuts
- Cooking spray (for griddle)

Toppings:

- Natural peanut butter/almond butter
- Semi sweet chocolate chips
- Maple syrup/agave syrup

Mix all ingredients in blender until smooth. Scoop 1/4 cup batter onto griddle and flip when pancake begins to bubble. Makes 8 pancakes.

Makes eight servings @ 164 calories, 12g protein, 5g fat, 21g carbs, 2g of fiber