

RECIPE



Pumpkin Protein Pancakes

15 oz canned pumpkin
1 tsp Cinnamon
3-5 scoops whey protein
1/2 tsp pumpkin spice
1 cup egg whites
1 cup whole oats
Cooking spray
Condiments: Maple Syrup & natural peanut butter

Mix all ingredients until smooth. Heat griddle; spray with oil. Place ladle-size portions onto griddle. Heat on medium high until light & fluffy.

Suggested Toppings: Melted natural peanut butter, raisins, chocolate chips, yogurt or maple syrup.

Serving size: 1 pancake

Makes 6 servings (without condiments) @ 172 calories, 1 g fat, 25 g protein, 17 g carbs, 4 g Fiber