

2 Ingredient Protein Pancakes

submitted by DonnaR18



Per serving: 253 Calories • 27g Carbs (2.9g Fiber) • 6.6g Fat • 22.2g Protein

Ingredients

Ingredients scaled to: 2 serving

1 cup, mashed **Banana** (225 grams)

2 jumbo **Egg** (126 grams)

6 egg white (separated from yolk) **Egg white** (240 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Mash the banana and crack the eggs in it, stirring until the mixture becomes blended.
2. Heat a greased griddle on medium heat and pour about a 2.5 inch wide puddle of batter. Delicately flip the pancake after about 25 seconds or when it browns. Cook until both sides are evenly browned. Repeat with remaining batter.
3. Recipe from: bodybuilding.com