



# Breakfast Recipes

## 4 Ingredient Protein Pancakes

(That Taste Amazing!)

### Ingredients:

- 3 T unsweetened applesauce
- 1 egg
- 2 egg whites
- $\frac{3}{4}$  cup old fashioned oats
- $\frac{1}{2}$ -1 scoop whey protein powder
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp vanilla extract



### Directions:

1. Beat Eggs and Egg whites
2. Mix in applesauce, cinnamon, vanilla, oats and protein powder
3. Place skillet on LOW heat
4. Makes about 5 protein pancakes
5. **Optional:** top with 1 tsp almond butter or coconut and almond butter spread
6. Enjoy!

Makes 5 pancakes (3 inch diameter)

### Nutrition Information

3 Pancakes: 296 calories, 24 grams protein, 35 grams carbs, 5 grams fat

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