



# Breakfast Recipes

## Strawberry Protein Pancakes

### Ingredients:

- 1/4 cup oat flour
- 1 scoop Ascent vanilla whey protein powder
- 1 egg white
- 3 tablespoons vanilla Greek yogurt
- 3 tablespoons almond milk
- ½ tsp cinnamon
- Top with diced strawberries, 1 tbsp yogurt and 1 tsp almond slivers



### Directions:

1. Blend or whisk all ingredients together
2. Pour batter in a pan over medium to high heat. You may need a spoon to spread out the batter. Cook about 3 minutes each side.
4. Top with strawberries and almond slivers

Enjoy!

Makes 5 pancakes, serving size is 3

### Nutrition Information:

**1 serving = 3 pancakes: 201 calories, 24 grams protein, 18 grams carbs, 6 grams fat**

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