



Protein Pancakes

Since running the protein bar [recipe](#), I've received several requests to post more protein-rich recipes,. This recipe for protein pancakes is one of my personal favorites. The egg whites make for a soft, low-fat batter and the oats make a perfect binder.

Ingredients

½ cup oats
2 cups of egg whites
2 scoops of protein powder (any flavor)
Nonstick cooking spray
Pinch of cinnamon

Preparation process

Add egg whites and oats into a blender.

Add protein powder and blend.

Spray a pan with nonstick spray and pour the egg whites and oats into the pan. Cook for 1 minute on each side and serve.

(This isn't in the video, but I also like to add a pinch of cinnamon to the pancakes to lend some extra flavor)

Bonus Items

If you want to watch the video again. Click [here](#).

Looking for the perfect vanilla protein powder, click [here](#).