



“Chocolate” Chip Protein Pancakes

It's been a while since we posted a high-protein breakfast recipe. Luckily, we recently found this delightfully sweet and low-fat pancake recipe, which is sweetened with zero-calorie stevia. And instead of chocolate chips, this calls for lower-calorie carob. These pancakes are fairly low-carb, but make sure to use sucralose-sweetened protein powder instead of high-fat bulk formulas.

Ingredients

- 1 cup oats
- 1/4 cup unsweetened almond milk
- 3 egg whites
- 1 scoop whey protein powder
- 1 tbsp. stevia
- 1 tsp. baking powder
- Pinch of salt
- 2 tbsp unsweetened carob chips
- Nonstick cooking spray

Preparation Process

Pour all the ingredients, except the carob chips, into a blender and blend until smooth

Spray a skillet and pour in some of the batter. While the batter cooks, sprinkle some carob chips on top. Cook for 2 minutes, flip, and cook the other side. Continue to flip, if needed, until both sides are golden.

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