



Gluten Free Protein Pancakes

Getting enough protein in your day can sometimes be a struggle. Breakfast is often the trickiest meal to get enough. That's where these high protein pancakes come to the rescue! Their high protein content comes from egg whites. Start your day off right with a high protein breakfast!

Prep time: 5 minutes

Makes 8 pancakes

INGREDIENTS

- 1 and 1/2 cups large flake oats (certified gluten free if needed, ground up)
- 1 and 1/2 cups egg whites
- 1 and 1/2 cups yogurt
- 1 tbsp vanilla
- 2 tsp cinnamon
- 2 and 1/2 tsp baking powder
- 2/3 cup fruit of choice



INSTRUCTIONS

1. Grind up oatmeal in a food processor to make oat flour.
2. Mix all dry ingredients together in a bowl.
3. Separate egg yolks from whites and reserve egg whites for this recipe (use the yolks for scrambled eggs!). Mix all wet ingredients together in a bowl.
4. Add wet ingredients into dry and stir well
5. Heat up a frying pan or griddle to medium heat
6. Spray pan with cooking spray/oil
7. Pour roughly 1/4 cup of batter into pan per pancake
8. Cook until golden brown and flip to other side and repeat
9. Cool and enjoy

Can be frozen for an easy breakfast idea

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