



VANILLA PROTEIN PANCAKES

By Dr. Cindy Tanzar
(Standard/Maintenance)

Yes, you can have pancakes for breakfast! Many of you have asked for more breakfast options and variety. This one is sure to please. If you've ever had the vanilla protein powder we use at Genesis Health Solutions, you know it tastes very similar to vanilla cake batter. When you mix cake batter with pancakes... good things happen! You can also top them with some Lily's chocolate chips (found at Fresh Market and Health Nut Nutrition) or berries of your choosing.

This recipe makes one serving of protein and 1 serving of healthy fat.



INGREDIENTS

- 1 tsp. organic coconut or avocado oil
- 2 scoops Vanilla Protein Powder
- 1 tsp. pure vanilla extract (no sugar)
- 1 pastured egg
- 2 Tbsp. unsweetened coconut or almond milk
- 1 tsp. baking powder



Cinnamon, to taste (optional)

Lily's mini chocolate chips (stevia sweetened), optional

1 Tbsp Kerry Gold butter

INSTRUCTIONS

Mix the vanilla, egg, and coconut milk in a bowl. Combine protein powder, baking powder (and cinnamon, if using) into a small bowl, then add to the egg mixture, mixing well.

Preheat a nonstick ceramic skillet or griddle to medium-high heat. Melt oil onto the skillet and slowly add the pancake batter.

Cook about 2 minutes, then flip. Continue to cook until lightly brown and done in the middle. Do not overcook, or they will dry out. Top with butter.

If desired, sprinkle chocolate chips or berries on top. If adding berries, be sure to include as your fruit.

