FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Protein pancakes or Regular pancakes (you choose) w[illegible]ple syrup



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**333 kcal**

Stuff that's in it:

• 115G Plain Flour

• 30G Vanilla Whey

• 130Ml Almond Milk

• 27G Lurpack Lighter

• 1 Tsp Baking Powder

• 15G Golden Caster Sugar

• Blueberries

• 60Ml Maple Syrup

• 6 Rashers Streaky Bacon

• 1 Tsp Oil

• Eggs

What you do:

*If you don't want protein pancakes, remove the whey from the ingredients and increase the plain flour to 135g instead

Grill your bacon until it's crispy.

Whisk your flour, protein powder if using, sugar and baking powder in a large bowl. Melt your butter, to the bowl with the milk and eggs and whisk until thick and creamy.

Heat a non stock pan, squirt a tiny bit of oil and use a ladle to pour each batter portion out, allow the bubble to appear before you flip, serve golden with the bacon, maple syrup and blue berries.

Nutrition

• Carbs: 39g

• Fat: 11g

• Protein: 17g

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