

## Rainbow Protein Pancakes



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>212 kcal</b>

### Stuff that's in it:

- 1Tsp Baking Powder
- 30G Whey Protein Powder
  - 105G Plain Flour
  - 25G Caster Sugar
- 27G Lurpack Lighter
- 130Ml Almond Milk
  - 1 Egg
  - 1 Tsp Oil
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- Optional To Colour:
  - ½ Tsp Blue Spirulina Powder ((Algae))
  - ½ Tsp Pitaya Powder ((Dragonfruit))

### What you do:

Add the dry ingredients to a large bowl and whisk.

Melt the butter in the microwave for a few seconds.

Add the milk, butter an egg to the dry and whisk until fluffy.

Separate into 2 bowls then add your colouring if you want to.

Squirt a little oil in a large fry pan, heat and using a small ladle pour in a little batter and make a circle, I can get 3 in a large fry pan. Gently spread the batter around and waiting until you see little bubbles before flipping each one with a spatula, let it rise a little and go golden before removing onto a plate and serve with topping of your choice!

### **Nutrition**

- Carbs: 25g
- Fat: 7g
- Protein: 11g

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