

Rainbow Protein Pancakes



Serves	Prep Time	Cooking	Total Time	Calories
4 people				212 kcal

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
 -
- 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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