



Protein Pancakes

2 eggs

2 scoops protein powder of choice (vanilla flavor works great!)

1 tsp baking powder

1/2 cup water or milk of choice

Mix eggs, protein powder and baking powder in a medium bowl. Add the liquid a few tabslepoonz at a time until you reach a nice consistency, you might not use all of the water or milk. Heat a non stick pan on the stove on medium. Spray or drizzle with the oil you prefer. Pour the batter onto the skillet two or three pancakes at a time. You will need to cook them about 2 minutes a side, flip when bubbles start to pop on the surface. Serve with accompaniments of choice- fruit, syrup, sprinkles.