

BANANA PROTEIN PANCAKES

These pancakes are light yet satisfying. Great as an alternative breakfast or for a quick afternoon snack. Make up a batch and take them with you to eat cold later. They also pack a powerful punch as an energy boost after a training session 💪

Makes: 4 - 6 pancakes

Cooking Time: 2-3 Mins

Hob Temp: High Heat

Prep. Time: 3 Mins

Equipment: Frying Pan

INGREDIENTS

1 Banana
1 Large Egg
1 Tbsp Ground Almonds
1/2 scoop Vanilla Whey Protein Powder
Coconut Oil
Maple Syrup (optional)

METHOD

- Peel and mash your banana really well in a bowl.
- Add your egg and beat into the banana until you have a fairly smooth mixture.
- Add to this the Almond Powder & 1/2 scoop of Vanilla Whey Protein Powder. Stir well.
- Heat your Coconut Oil in your frying pan until you see the heat rising off it (just before it starts smoking)
- Using a tablespoon, get a spoonful of the mixture and drop it in your pan. Spread it out a little to make a roundish pancake that's not too thick. Repeat with the rest of your mixture.
- Leave them to cook until you see the sides starting to brown. With a spatula very carefully flip them over and cook the other side for approximately 1 minute.
- Dish up on a plate and drizzle about a teaspoon of Maple Syrup over (if you like a little added sweetness) or leave to cool and wrap up to take out with you.
- **Please be aware** - it took me a couple of attempts to get the hang of cooking these. I found that it's best to have quite a lot of oil in your pan (as the sugar released from the banana tends to make it stick to the pan) and have a very light touch with the spatula when trying to flip them. Well worth it though! 🍌