

Riverview Wellness Center

Recipe

Client Name: Cindy Stancliffe

Recipe for: Protein Pancakes

Ingredients: 5 egg whites

1 Tbsp regular oatmeal

1 Tbsp vanilla extract

1 Tbsp cinnamon

1 banana (add after blended or on top of each pancake)

1 cup strawberries (add after blended or on top of each cake)

splenda or stevia

1 Tbsp almond butter

Preparation: Combine ingredients in blender for 30 seconds.

Pour mixture onto heated pan. Cook 2 to 3 minutes or until top is no longer liquidy. Flip and cook.

Top with your choice of sliced fruit with sweetener or almond butter.