



Recipe Name

The Best Blender Protein Pancakes

Notes -You can use any protein powder that you'd like,
as well as any flavor.
-A great non-dairy milk option is Ripple Unsweetened Vanilla.

TYPE OF RECIPE

breakfast

SERVINGS / TOTAL COST (APPROX.)

3 / \$4

TIME TO PREPARE/COOK

5 min / 10 min

TOOLS NEEDED

blender

- INGREDIENTS
- 3 scoops of Orgain protein powder (4.5 tbsp.)
 - 1 egg
 - 1/2 tsp baking soda
 - 1/3 cup flour
 - 1 tsp baking powder
 - 1 banana
 - 1/2 tsp vanilla extract
 - 1 tbsp coconut oil
 - 1/2 cup milk

DIRECTIONS

Mix all of the ingredients in the blender very well.

Add a splash of milk if the batter is too thick. Consistency should be the same as usual pancake batter.

Cook over medium-low heat.