



Berry Protein Pancakes

RECIPE BY JACQUELINE JASE

ingredients

- 1 Scoop PEScience Chocolate Cupcake (or your favorite protein powder)
- 1 Tablespoon Flax Seed Meal
- 1/2 to 3/4 cup of Egg Whites (depending on the consistency you prefer)
- 1 teaspoon of Cinnamon
- 1 4 oz ramekin of frozen or fresh strawberries, blueberries, and/or raspberries

directions

- Heat griddle/skillet with olive oil (or your favorite oil)
- Mix dry ingredients
- Add in egg whites to desired consistency (start with 1/2cp)
- Pour batter into pan just as you would any pancake
- Cook on one side and then flip to cook the other
- Serve with berries and syrup of choice.