

Recipe: Flax Blueberry Chocolate Chip Pancakes

Bring a skillet/frying pan up to medium high heat and combine the following in a Vitamixer/blender:

- 2 scoops protein powder
- 6 eggs whites
- ½ cup steel cut oats
- 1 TB ground flax meal
- ¼ tsp baking soda
- ¼ tsp baking powder
- ½ tsp apple cider vinegar
- pinch sea salt
- Fold into batter 2 TB chocolate chips and ¼ cup fresh blueberries.

Spray pan with non-stick oil spray and spoon batter into pan by 1/3 cup increments. Turn over when edges are dry, about 2 minutes.

Top with coconut nectar or sugar free syrup and a sprinkle of cinnamon! Enjoy!

Serves two.

Macros per serving:

Protein: 33g

Carb: 27g

Fiber: 5g

Fat: 6g