



Healthy Lifestyle Program Diet – Recipes

Protein Power Pancakes

Preparation time –10 minutes

Servings – One (two pancakes)

Ingredients

¼ cup rolled oats
25g Body Science Vanilla WPC
25g of low-fat cottage cheese
Four egg whites
Cinnamon
Cooking spray

Method

Coat small non-stick fry pan with cooking spray and heat at medium temperature.

Place all ingredients in mixing bowl and whisk.

Add half of the mixture to the pan, keeping the temperature moderate, as the pancakes will cook better this way (light and fluffy).

Once the bottom of the pancake is golden, turn and cook the other side.

Repeat using remaining mixture.

Suggested topping - Diet raspberry jam.

Nutritional information (total recipe):

Calories – 399

Carbohydrates – 16.5g

Protein – 40.5g

Fats – 4.5g