



“I discovered the protein pancake recipe last year. I don’t always put bananas and cinnamon in there, sometimes I put in chocolate chips or whatever I’m feeling that day. I hope you guys enjoy it.”

INGREDIENTS

1 banana

1 cup Water

1 egg

1 **3/4** cup pancake mix

1/4 cup Milk

1 scoop of your favorite protein

Cinnamon

BANANA CINNAMON PROTEIN PANCAKES

INSTRUCTIONS

If you’re using a pancake griddle, set temperature to **375°** or **medium heat** on a skillet.

Mix together water, pancake mix, egg, and milk into a mixing bowl. Whisk until smooth. Add scoop of protein and mix well.

Slice banana into **1/4 inch slices** (or your preferred depth).

After pancake mix is evenly blended, pour onto skillet/griddle (I use a **1/4 cup** measuring cup to scoop even pancakes but feel free to use more or less).

Distribute banana slices around pancake, and lightly dust the surface with cinnamon. Cook **60-75 seconds** on each side. I usually wait until the bubbles disappear on the top to flip it. Best when served right away and warm.

This recipe makes approx. **8-10** pancakes depending on the size.