

HIGH PROTEIN BLUEBERRY *Pancakes*

INGREDIENTS

1 SCOOP 1UPNUTRITION VEGAN VANILLA PROTEIN POWDER
2 TBS COCONUT FLOUR
1/2 TSP BAKING POWDER
1/2 CUP EGG WHITES
1/2 CUP UNSWEETENED CASHEW MILK
1/2 CUP FROZEN/ OR FRESH BLUEBERRIES

INTRODUCTIONS

IN A LARGE BOWL ADD IN 1 SCOOP OF VANILLA PROTEIN POWDER, 2 TBS OF COCONUT FLOUR AND 1/2 TSP OF BAKING POWDER. MIX TOGETHER.

THEN ADD IN 1/2 CUP OF EGG WHITES AND 1/2 CUP OF UNSWEETENED CASHEW MILK. FOLD IN BLUEBERRIES.

SPRAY NON STICK SPRAY IN SKILLET ON STOVETOP [MEDIUM HEAT]

POUR BATTER AND WAIT TIL BUBBLES APPEAR BEFORE FLIPPING.

REPEAT PROCESS FOR EACH PANCAKE | ENJOY!