



PROTEIN PECAN PANCAKES

1 CUP GRAIN BERRY SORGHUM PANCAKE MIX

1 CUP RIPPLE PEA PROTEIN MILK

2 SCOOPS RAW BARREL WHEY PROTEIN

1/3 CUP RAW PECANS

1 LARGE BROWN CAGE-FREE EGG

TBSP UNSWEETENED APPLESAUCE

14G CARBS | 8.6G PROTEIN | 4.7G FAT

133 CALORIES | 2.3G FIBER | 3.2G SUGAR

MAKES 8, STATS ARE PER PANCAKE

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