

BANANA PROTEIN PANCAKES

You don't have to wait for pancake day, this easy recipe is ideal for breakfast as it includes protein - one of the macro nutrients often overlooked at breakfast.

Nutrition per 3 pancakes: 424 kcal / 18g Fats / 52g Carbs / 12g Protein (additional topping not included).

INGREDIENTS:

- 1 cup (90g) oats
- 1 ripe banana
- ½ cup (115g) cottage cheese
- ¼ cup egg whites (1-2 eggs)
- 4 tbsp. coconut milk, from a carton (can use normal milk)
- ½ tsp. cinnamon
- ½ tsp. baking powder
- ¼ cup (45g) dark chocolate chips (70%)

INSTRUCTIONS:

- *Place all ingredients except the chocolate chips into a blender and blitz until smooth. Next, stir in the chocolate chips.*
- *Fry the pancakes on a dry non-stick pan, over medium-high heat for 2-3 minutes each side.*
- *The batter will allow to make around 6 small pancakes. To serve, top with your favourite toppings.*

