



High Protein Pancakes

Serves: 32

Each serving provides 15 gm carbohydrate and 10 grams protein. 100 calories.

Yield: 1 quart

Ingredients:

2 1/2 cups	whole wheat flour
2 teaspoons	baking powder
1/2 teaspoon	baking soda
3/4 teaspoon	salt
3 tablespoons	powdered milk
1/3 cup	monkfruit sweetener
1/2 cup	whey powder
12	egg whites powdered
2 tablespoons	plain greek yogurt
2 tablespoons	water

Directions:

Make the dry mix ahead of time and store in a quart jar. Mix 2 TB dry mix with 2 TB plain yogurt and approximately 2 TB water. Cook on grill or waffle iron.

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