

Banana Nut Protein Pancakes

Have you ever tried protein pancakes? It is a way to have a favorite without the extra carbohydrates. In my opinion, the best way to get a great texture in protein pancakes is to use banana. It does up the carbs to use a banana but the protein in the whey powder also balances out the carbs banana which prevents a sugar spike after eating. Try light whipped topping in place of syrup for my pancakes. They are so moist it doesn't need anything else!

The Unjury® Whey Protein Powder dissolves very well and makes a great batter but you can use a whey protein powder that has 15 or more grams of protein and less than 7 grams of carbs.

Ingredients:

- 1 banana, peeled
- 1 large egg
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp banana extract (really give it the flavor!)
- 1 serving vanilla whey protein powder
- 2 tbsp sliced almonds



Preparation:

1. Combine all ingredients except the almonds. Use a potato masher or the back of a large spoon to smash banana and mix all ingredients together until smooth.
2. Heat a griddle to medium heat. You don't want it too hot as these pancakes cook *very* quickly. Keep it medium or even medium low.
3. Pour three palm sized pancakes onto the griddle and sprinkle almonds over the top of each. *I find three is the most I can handle at one time without cooking.* Again...these cook quickly so stay put in front of the skillet with your spatula. When you see small bubbles arise to the surface of the pancake, lift a small portion of the pancake up and sneak a peak to see how it looks.
4. When ready, flip over and cook another 30 seconds or so, peaking again to see if it's ready. Remove to serving plate and continue with rest of the batter. Spray a dollop of light whipped topping and serve.

Source: www.foodcoach.me