

Chocolate Protein Pancakes

Ingredients

- 25g Whey Protein Powder
- 100ml Milk
- 1 Large Egg
- 50g Porridge Oats
- 1tsp Cinnamon
- ¼ tsp Baking Powder
- Light Cooking Spray



Method

Place the oats to a blender and blitz until it resembles a fine flour.



Add all the other ingredients into the blender and blend until you have a texture of pancake batter.



Heat a slightly oiled frying pan over medium heat. Roughly using $\frac{1}{4}$ of the mixture for each pancake. Pour the mixture into the pan. Tilt the pan so the batter coats the surface evenly.

Cook the pancake for about 50 seconds until the bottom is lightly brown. Flip the pancake over and cook the other side. Serve hot with your filling of choice.

