

# GLAM PRO PANCAKES



## INGREDIENTS:

- 2 Scoops *GLAM PRO Breakfast in Bed* protein powder
- 1<sup>1</sup>/<sub>2</sub> cup oatmeal
- 2 egg whites
- 2 whole eggs
- 1/2 cup unsweetened applesauce
- 2 tsp baking powder

## DIRECTIONS:

- 1) Place oats in a blender. Pulse until oats are ground into flour
  - 2) Add all remaining ingredients to blender, blend until well mixed.
  - 3) Spray small pan with cooking spray and eat over medium-high heat
  - 4) Use a 1/3 measuring cup for each pancake
  - 5) Pour batter onto hot pan
  - 6) Cook approximately 2 minutes on each side or until brown.
- Enjoy!

Makes 8 Pancakes

1 serving = 2 Pancakes: Calories: 207 | Protein: 15 gm | Carbs: 25 gm | Fat: 5 gm