

PROTEIN PANCAKE BITES



INGREDIENTS:

- 2 scoops GLAM PRO Breakfast in Bed
- 1 cup quick oats
- 4 Tbsp coconut flour
- 1 Tbsp ground flax seed
- 1 Tbsp coconut oil
- 1/2 cup unsweetened cashew milk
- Optional: 1/4 cup unsweetened shredded coconut

DIRECTIONS:

- 1) Mix together GLAM PRO, quick oats, coconut flour, and ground flax seed
- 2) Melt coconut oil and add it to dry ingredients. Mix until coconut oil is well incorporated
- 3) Add milk and mix well
- 4) Allow mixture to sit for ~5 minutes, it will thicken slightly
- 5) Using your hands roll into balls, 1 oz each
- 6) *Optional:* roll each bite over shredded coconut or coconut flakes for a light crunch and to prevent them from sticking together
- 7) Refrigerate for 30-45 minutes.
- 8) Store in the refrigerator in an air tight container for up to 5 days. You may also freeze them. Thaw in the refrigerator when you're ready to enjoy them.

Enjoy!

Makes 11 | Serving Size 1 Bite
Calories: 67 | Protein: 4 gm | Carbs: 7 gm | Fat: 2gm | Fiber: 2 gm