

RED VELVET PANCAKES



INGREDIENTS:

- 2 Scoops **GLAM PRO Ravishing Red Velvet**
- 1 1/2 cup oatmeal
- 2 egg whites
- 2 whole eggs
- 1/2 cup unsweetened applesauce
- 2 tsp baking powder
- BERRY TOPPING**
- 1/4 cup frozen berries

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 heat over medium-high heat
 - 4) Use a 1/3 measuring cup for each pancake
 - 5) Pour batter onto hot pan
 - 6) Cook until bubbles form, flip and cook for an additional 2 minutes.
 - 7) Optional: In a small bowl microwave frozen berries. Mash with a fork to make berry topping
- Enjoy!

Makes 8 Pancakes | 1 Serving = 2 Pancakes
Calories: 207 | Protein: 16 g | Carbs: 25 g | Fat: 5 g | Fiber: 4 g