

# Blueberry Banana Protein Pancakes

10 ingredients · 15 minutes · 2 servings



## Directions

---

1. In a mixing bowl or blender, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
2. Stir blueberries into mixture.
3. Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
4. Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a pan or in the toaster.

### Serving Size

One serving is approximately one large pancake or two small pancakes.

### Egg-Free

Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.

## Ingredients

---

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup