

Banana Protein Pancakes

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 4 small or 2 larger

Serving Size: 2 small pancakes

Ingredients:

1 medium-large banana
2 large organic, pastured eggs
3-4 tablespoons protein powder – unflavored or vanilla*
1 teaspoon ground cinnamon
2 teaspoons coconut oil

Suggested toppings:

Sliced bananas
Berries
Almond or peanut butter
Maple syrup
Honey
Unsalted butter or ghee

Directions:

1. Place banana in a small bowl, then use a fork to mash it smooth.
2. Add the eggs, 3 tablespoons protein powder, and cinnamon and whisk until well incorporated. If mixture is too thin, add 1 more tablespoon protein powder. The batter should be a similar consistency to regular pancakes.
3. Heat a medium skillet or griddle pan over medium heat, add 1 teaspoon coconut oil and swirl to coat pan.
4. Fill a $\frac{1}{4}$ measuring cup $\frac{2}{3}$ of the way full with batter, then pour it into the skillet and use the back of the measuring cup to smooth it out into a nice 3" round pancake.
5. Repeat step 4, cooking 2-4 pancakes at a time, working in batches, depending on the size of your pan. Add remaining coconut oil as needed.
6. Let pancakes cook on first side until the edges start to bubble and get slightly brown, about 2-3 minutes, then carefully flip them over and brown the other side for an additional 2-3 minutes.
7. Serve with desired toppings or eat as is.

Tips and Tricks:

*You could also do chocolate protein powder and make chocolate banana pancakes☺ Make sure to choose a protein powder that is gluten, dairy, soy and GMO free. We recommend vegetable based protein powder. Learn more and see what brands we recommend on our blog post: [How to Choose a Protein Powder](#).

Nutritional Information Per Serving:

** Calculated without toppings**

Calories: 121.5

Fat: 5.7 g

Cholesterol: 135.0 mg

Sodium: 65.9 mg

Total Carbohydrate: 8.7 g

Dietary Fiber: 1.3 g

Sugars: 4.9 g

Protein: 9.6 g