



Protein-Balanced Pancakes

Prep **5 mins**; Total **15 mins**; Cook, Enjoy, Clean **45 mins**

A pancake with a better balance of protein and carbs. The chocolate version is like a warm brownie! The ingredients and brands listed below have been combined in the specified portions in order to achieve optimum consistency. You may have to experiment slightly if using different brands. Simply adjust your recipe, and macronutrient totals, accordingly. The calories and macronutrients listed at the end are for the recipe shown, without optional ingredients or increased amounts of syrup or chocolate chips.

1/4 cup flour
1 scoop Legion Athletics Whey+ protein powder
1 tsp. baking powder
2 oz. (56g) Fage Greek yogurt
1/4 cup Fairlife fat free milk
1 egg white
2 egg whites

15g Ghirardelli milk chocolate, premium baking chips
1/4 cup Mrs. Butterworth's Sugar-Free syrup
5g Redi-Whip fat free whipped topping
pecans or walnuts (optional)

1. Measure the two egg whites into a separate bowl for lifting and set aside.
2. Add the single egg white, yogurt and milk into a mixing bowl.
3. Add the dry ingredients and mix. Let rest for a minute or two for the mixture to thicken.
4. Lift the two egg whites until they form stiff peaks and fold into the mixture.

5. Spray heated griddle with non-stick spray. Pour pancakes according to the size of your griddle or pan.
6. If adding toppings such as chocolate chips or nuts, add them on top of the pancakes immediately after pouring them onto the griddle.
7. Cook for approximately 3-4 minutes per side.
8. Remove from griddle when done, add syrup and whipped topping.
9. Enjoy!

Serves 1 (entire batch is a single serving) **Calories 432**;
Fat 4g; **Protein 50g**; **Carbs 48g**

Legion Athletics proteins have the same calories and macronutrient totals regardless of flavor and they're all delicious. The carb content can be lowered by omitting the chocolate chips and whipped topping, if needed, in order to hit your macronutrient goals. The pancakes will still be delicious. Fresh blueberries go great with a vanilla protein. Feel free to experiment with butterscotch chips, Heath Bar chips or any other flavor; just make sure you adjust your calorie and macronutrient totals. I love using pure maple syrup when I have the additional calories.

