

Posted on 28 May 2014

by Marianne Lynch

## **Protein Pancakes**

## Ingredients

4 eggs 1 scoop protein

## **Preparation**

1 Mix to form a batter type mix and then fry in a good non stick saucepan. Top with honey and coconut flakes or almond powder or peanut butter.

## **Cooks Note**

These protein pancakes are ideal for breakfast or lunch.