

# Choconana Pancakes



SERVES 1

## Ingredients

2 egg whites  
¼ cup rolled oats  
1 banana  
½ scoop of chocolate protein powder

3 strawberries  
2 tsp rice malt syrup

## Instructions

*Pre-heat sandwich press. In a bowl add banana and mash with a fork.*

*In a separate bowl add egg whites, rolled oats, protein powder and mix well. Then add mashed banana into the egg white mixture and combine.*

*Pour mixture onto sandwich press and cook for 2-3 minutes on each side.*

*Once the pancake is cooked place it onto a plate, top with strawberries and drizzle with rice malt syrup.*

*NB. Feel free to use your favourite natural sweetener, and feel free to substitute the protein powder for cacao.*

