

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.

