

Protein Banana Pancakes



Serves 2

- 1 ripe banana
- 4 tbsp. applesauce, unsweetened
- 2 eggs
- $\frac{1}{4}$ cup (60g) rolled oats
- 3 tbsp. vanilla whey or vegan protein powder
- 1 tbsp. coconut oil

What you need to do:

1. Place all the ingredients into a blender and blitz until combined.
2. Place a non-stick skillet over a medium heat and add a third of the coconut oil.
3. Divide the batter so that you can cook two medium-sized pancakes. Cook the pancakes for 2-3 minutes on each side.
4. Serve with your favorite toppings!

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