

# Hormone-Friendly Protein Pancakes

Are you looking for that “perfect” weekend breakfast treat or maybe even a hearty post-workout snack? We’ve got you covered on both accounts!

Not only are these pancakes delicious, they are also a source of fibre, protein and omega-3’s. Even better, they seamlessly incorporate **CanPrev’s Myo-Inositol Powder** for extra hormonal support. Be sure to keep this recipe in your nutritional arsenal!

A low-sugar treat that’s sure to satisfy your sweet cravings.



Prep + cook time: 20 mins | Servings: 12



## Ingredients

### Wet:

- 2 eggs + ⅓ cup liquid egg whites
- ⅓ cup unsweetened almond milk
- 1 banana, chunks
- 2 tbsp nut butter

### Dry:

- 1 cup quick oats
- 1 cup almond meal
- 2 tbsp flax meal
- 1 scoop protein powder - Chocolate or Vanilla
- 2 ½ tsp baking powder
- ½ tsp cinnamon
- Pinch of sea salt
- 3 scoops Myo-Inositol Powder

## Method

1. Preheat pan on medium heat, grease lightly.
2. Add wet ingredients to blender, then dry ingredients. Blend on medium speed until well incorporated (~30 seconds). Scrape down sides as necessary.
3. Pour 3-4 tbsp worth of batter (for each cake) onto hot pan/griddle, spacing each out by at least 1 ½ inches.
4. Optional: add chocolate chips, as desired.
5. Once pancakes begin to form bubbles or appear dry on top side, flip and cook for half the amount of time.
6. Serve pancakes as desired. Add a touch of real maple syrup, your favourite low-sugar fruit spread, fresh fruit or enjoy plain.

**Cook ahead tip:** Double the recipe, let cool completely and pop the extras in a freezer bag. Freeze for when you need a quick toast-and-eat snack!

## Featured Products



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As a Certified Holistic Nutritionist and Certified Fitness Trainer, Krista is a strong believer in the power of real food along with high-quality supplements to live a healthy lifestyle.

