Cinnamon Swirl Protein Pancakes
Kettlebell INFERNO – October 2014

Ingredients:
- 1/2 cup oats (provides 27g carbohydrates)
- 3/4 cup egg whites (provides 18.5g protein)
- 2 tablespoons almond milk, milk, or water
- 1-2 tablespoons Greek yogurt
- 1/2 teaspoon baking powder
- 1/2 banana
- 1 tablespoon cinnamon

Directions:
1. Use a food processor to make oats into oat flour.
2. Combine and mix all dry ingredients in a bowl.
3. Add egg whites, Greek yogurt, banana, and milk into the dry mixture.
4. Blend in food processor until smooth consistency.
5. Pour batter over preheated pan or griddle.
6. Flip after about one minute, when the bottoms are tan.

Makes about 3 pancakes

Notes: