Legion Whey+ Banana Vanilla Protein Pancakes Recipe

Description

Do you love banana bread? What about a tasty vanilla treat? If so, I have just the thing for youâ€¦.Pancakes! Not just any pancakes, healthy, protein-packed, and easy-to-make pancakes!

With delicious Legion Whey+ 100% Isolate Protein Powder and fiber-rich oat flour, you can forget the nutrient lacking white flour found in most recipes for something healthy the whole family will enjoy for breakfast. If you missed my review of Legionâ€™s Whey+ Vanilla Protein Powder, you can read it here. If youâ€™re wondering if your little ones can have/will like them, let me just put this hereâ€¦..

We all love getting #strong with @legionath #allnatural #whey #protein! She picked a great one! #TeamLegion #toddler

A video posted by RC Liley (@going_dad) on Dec 23, 2015 at 3:50pm PST

As a parent to a demanding toddler, labor-intensive recipes requiring time and precise measurements are as common as our little girl accepting when itâ€™s time for bed and willingly hopping in bed to go to sleep.. Which, as most parents know, is anything *but* common! But that doesnâ€™t mean you canâ€™t feed your family healthy food theyâ€™ll love.

Hey, Dad, less pics and more pancakes for Mommy and me!

These pancakes are fluffy and golden just calling out to your taste buds to savor each and every bite.

Since they are so easy to make, theyâ€™re perfect on any day of the week. Make the batter the night before for an even quicker breakfast. Every second counts when you have two very hungry girls in the

morning, I donâ€™t even get hugs until they have food in their bellies!

Legion Whey+ Vanilla Protein Pancakes

Ingredients (2 â€“ 3 Servings):

- 1/2 cup oat flour (Just put rolled oats in a blender if you donâ€™t have flour)
- 1/2 cup Legion Whey+ Vanilla Protein
- 1 tsp baking powder
- 12 drops vanilla or regular liquid stevia (about 2 â€“ 3 stevia packets or 1/8th pure stevia powder)
- 1 overripe banana, mashed
- 1/2 cup cottage cheese
- 2 eggs
- 1/2 teaspoon cinnamon

Directions:

default watermark

1. Heat griddle or shallow pan on medium heat and coat with non-stick spray, butter, or coconut oil.

2. Combine all ingredients in a small bowl and mix by hand (if you donâ€™t mind a few clumps) or in a blender like the NutriBullet until all ingredients are fully mixed.

3. Scoop batter onto pre-heated pan with a large spoon to form pancakes to your desired size.

4. Allow to cook until edges begin to harden and you see bubbles forming, about 2 Â½ â€“ 3 minutes.

5. Flip pancakes and allow to cook about another minute or two. The batter should no longer be runny.

6. Remove from heat and serve ~~the savages~~ your loving family while trying to save a few for yourself.

I love topping these with a mixture of cottage cheese and NuttZo for an extra delicious and protein-packed treat, but they are perfect as is.

After you make and unquestionably WOW yourself and your family, try making a Whey+ Chocolate version or swap pumpkin puree in place of the banana. Have fun, be creative, and enjoy!

Date Created
2016/01/11

default watermark