

Complete Meal Pancakes *Nutritional info, times, and variations and directions*

Pw	At	15	20
		min	min
Post-workout Meal	Anytime Meal	Preparation Time	Cooking Time



Ingredients	
Oats	100g
Flax Seed	10g
Pumpkin	10g
Whey Protein	80g
Cinnamon	1 tsp
Eggs	4
Skim Milk or (Kara Coconut milk)	100ml
Bananas	3

Nutritional Information	
(per serving)	large
Calories (k/cal)	381
Fat (g)	11
Saturated (g)	2.3
Carbohydrates (g)	34
fibre (g)	2.3
Protein (g)	26

Instructions

Serves 6 large or 8 small

What you are going to need is a grinder or blender of some sort. Blend up all the dry ingredients to make your flour. Add eggs and milk and whisk together. This batter is quite thick, you can add more milk to make it thinner for crepe like pancakes.

Cook in a hot frying pan with a thin bit of virgin organic coconut oil or butter for each pancake.

Note

If you don't have a blender or grinder you could keep the nut, seeds and oats whole.

Once you are comfortable with the basic ratios then you can grind anything up and make pancakes out of it.

Variation and Options

You can add different fruits, low fat yogurts, maple syrup to these and have a complete meal.