

Banana and Chocolate Protein Pancakes

These are a great treat to have when your sweet tooth is calling but you still want to hit decent macronutrient and calorie goals. Give them a go and let me know what you think.



10mins



2



685cals



P-55, C-4, F-33

Ingredients

- 4 Eggs
- 2 scoops Chocolate Whey Protein
- 30g Blueberries
- ½ Banana
- 10g Meridian Crunch Peanut Butter
- ½ Kitkat Chunky

Method

1. Heat up a non-stick frying pan with a little 0 cal oil or coconut oil (I prefer coconut oil for taste but remember to this add this to total calories).
2. Add the eggs, chocolate whey protein and half a banana into a Nutibullet or blender. Give them a quick blitz to form pancake paste.

