



Protein Pancakes with Blueberries & Greek Yogurt



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 hand-sized Banana (Tier 2 carb)
- A small handful Berries
- 2 tbsp Greek Yogurt (topping)
- A drizzle Maple Syrup
- 3 large Eggs
- 6 Almonds, sprinkled on top

DIRECTIONS

1. Mash your banana, mix with your 3 cracked eggs
2. Heat a non-stick pan over medium heat. Pour batter to form pancakes.
3. Cook 2–3 minutes per side until golden.
4. Serve with a dollop of Greek yogurt, fresh blueberries, maple syrup, and 6 almonds on top.

NOTES

1. **Recommended Maple Syrup:** Sweet Freedom Pancake Syrup

AVERAGE NUTRITION INFO

Energy : 1735 kJ / 415 Cal Fat : 20 g Carbs : 40 g Protein : 25 g Fibre : 5 g Sugar : 24 g

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