



JACKIE'S PROTEIN PANCAKES

FLUFFY PANCAKES THAT COME OUT PERFECT EVERY TIME!

INGREDIENTS

- 1/2 cup instant oats
- 1/4 cup unsweetened apple sauce
- 3 whole eggs or 4 egg whites
- dash of cinnamon
- 1 tsp. of vanilla extract
- 1/2 cup berries
- 1/2 tsp. natural peanut butter or nut butter of choice

INSTRUCTIONS

- Add oats, apple sauce, eggs, cinnamon, and vanilla to blender or food processor and pulse till pancake batter consistency.
- Heat skillet over medium-high heat; lightly brush pan with oil. Scoop a 1/4 cup of batter into skillet at a time. Cook 2-3 minutes, flipping halfway through or when small bubbles form on the surface. Transfer to a plate.
- Spread peanut butter or nut butter over pancakes and serve with additional fruit.
- Place berries into a deep microwave safe bowl and heat for 35-45 seconds. Pour warm berries over pancakes.
- Enjoy!

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