

Pumpkin Flapjacks

by Paula Hendricks, Nutrition Consultant



Ingredients:

- 1 Vanilla Ready to Drink (15g protein, 4g fat and 4g carbs)
- 1 Pumpkin Pie Protein Powder (15g protein, 1.5g fat and 7g carbs)
- 1 Natural Pancake Mix (15g protein, .5 g fat and 5g carbs)
- 2 x-large eggs, beaten (14g protein, 9g fat and 0 carbs)

Instructions:

1. In a mixing bowl, crack the eggs open and beat. Add vanilla drink and beat again.
2. Add the pumpkin protein powder. Mix.
3. Add the pancake protein powder. Mix.
4. Heat a pan of choice (I use a cast iron skillet). Make two large pancakes or 6 small.
5. Add a dab of butter to the top and a sprinkle of Swerve confectioner's sugar.

Nutrition: Makes two servings. Each serving contains approximately –
30 grams protein, 8 grams fat and 8 grams carbs. Yummy!