



## HIGH PROTEIN PANCAKES

Nutrition Kitchen

Courtesy of: Ola Luczak, Accredited Sports Dietitian from Maryibyrnong Sports Academy.



### Ingredients:

- 1 banana
- 1/2 cup oats
- 2 eggs
- 1/2 cup cottage cheese
- 1 tsp cinnamon
- 1/2 tsp vanilla essence
- 1 tsp baking powder
- 1 tbsp psyllium husk (optional)
- Dark chocolate chips (optional)
- Splash of milk if mixture is too thick.

### Nutrition Information

Makes 2 serves (10 small pancakes)

Nutrient	Per serve
Energy	1247 kJ
Protein	15.3 g
Carbohydrate	30.2 g
Fibre	8.5 g

### Method:

1. Place all ingredients into a blender and pulse until mixture is combined well.
2. Heat a pan on medium heat, and use some spray oil to coat the pan and prevent sticking.
3. Pour the pancake mixture onto the pan and place chocolate chips on top if desired. Cook until bubbles start forming on the surface.
4. Flip pancakes onto the other side and cook for another minute until fully cooked through.



### HOT TIPS

These pancakes can be made in advance for kids lunchboxes or as after school snacks. Adequate protein intake can be easily achieved from whole foods with many other beneficial nutrients - active juniors and adolescents do not require protein powder!