

Apple Cinnamon Protein Pancakes

Ingredients:

- 2 egg whites
- 1 scoop vanilla whey
- ½ cup old fashioned oatmeal
- 4 oz jar unsweetened applesauce (baby food jar 😊)
- ½ tsp cinnamon
- 1-2 tbsp xylitol or stevia to taste
- ½ tsp baking soda
- ½ tsp vanilla extract

Combine all ingredients and whisk together in a medium bowl until smooth
Spray a frying pan using a zero-calorie cooking spray like PAM, place on medium to cook pancakes

Makes 2 pancakes/1 serving