



## 4 Ingredient Protein Pancakes:

### ***Ingredients:***

1 large banana (it should yield about 1/3 - 1/2 cup, mashed)

2 eggs

1/8 teaspoon baking powder (optional but recommended)

2 tablespoons PureNourish Natural (optional; you can also add a touch of vanilla extract instead)

### ***INSTRUCTIONS:***

Place a medium skillet over medium heat on the stove. Let it heat up while you prepare the pancakes. It's ready when water dropped into the pan sizzles.

To prepare the pancakes, mash the banana well with a couple of forks. Add the eggs, baking powder, and protein powder (if using) and whisk until well combined. Spray the skillet with nonstick cooking spray before adding in 2-3 tablespoons of the pancake mixture (I used a sprayed metal ring to make mine so round -- if you don't want to bother, they'll just be a little wonky shaped.)

Let the pancakes cook for 25-30 seconds before flipping and letting the other side cook for the same amount of time. Remove to a plate and serve with nut butter, sugar-free syrup, butter, fruit, or whatever you'd like!