

3 Ingredient Protein Pancakes



15 min.



8 servings



PER SERVING
76 CAL
FAT: 1g
CARB: 9g
PROTEIN: 7g

E4L

INGREDIENTS

- 12 large Egg Whites
- 1 cup Oatmeal
- 1 tbsp Raw Agave Nectar
- 1 tsp Olive Oil

DIRECTIONS

1. Combine oats, egg whites, and agave in a bowl. Stir until well combined.
2. Coat a non-stick pan with $\frac{1}{4}$ tsp oil. Ladle 2 pancakes onto your pan and cook like a regular pancake until golden brown and cooked through.
3. Repeat with remaining batter, serve immediately.



EAT THIS MUCH