



BANANA OAT PROTEIN PANCAKES

High Protein / Gluten Free / Clean Eating

Recipe by Sari (@feed.your.soul.sari) and featured on MariGoldFoods.com

"I have finally created the perfect recipe for protein pancakes! Perfectly fluffy, sweet, and thick stacks every single time!"

- Sari

INGREDIENTS:

- 1/2 cup oat flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/8 tsp salt
- 1/2 ripe mashed banana
- 1/2 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 tbsp applesauce
- 1/4 tsp vanilla extract
- 1/2 tsp lemon juice
- 1/3 - 1/2 cup almond milk

Toppings (optional - this is what I used)

- Banana slices, fresh raspberries, peanut butter, hemp seeds, chia seeds, goji berries, pumpkin seeds, vanilla yogurt



DIRECTIONS:

1. Preheat your griddle or a nonstick skillet.
2. In a bowl, mix together your banana, applesauce, vanilla extract, lemon juice, and almond milk. Then stir in the flour, protein powder, soda/baking powder, and salt.
3. Let sit for a few minutes.
4. When your pan is heated scoop 1/4 cup batter into the pan at a time. Let it cook until bubbles form, then disappear. Flip and cook for 3-4 more minutes on the other side.
5. Stack and serve immediately with toppings of choice!

Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

