

Meal Prep Protein Pancakes



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Good morning to ya!

As you may know, I am all about meal prep because it has been one of the greatest tools in my weight loss success so far. I'm always trying to think of ways to prepare my food so that when I'm hungry, I have something healthy on hand to eat or heat up. I'm not trying to spend an hour cutting veggies and cooking chicken when I'm hungry **now!** Right?!

Especially in the morning... for some reason I just find it hard to make a good breakfast right when I wake up, but I always stumble out of bed and head straight to the kitchen.

So, I came up with these EASY to make pancakes that will last you *4 days*. If you are not a morning person, or always have to head out really early, this will be perfect for you.

I used Bisquick mix, so it's really simple.

However, this is an improved version! I've added EAS Lean 15 Protein Powder and tweaked the recipe a bit...

I think next week I'm going to try this with egg whites instead to lower the fat a bit. I also have a new low carb protein powder on the way that I cannot wait to try!

You can make this recipe and use it for your own breakfast for 4 mornings, or this will serve 4 people.

1. If you're making it to store, mix protein powder, Bisquick and cinnamon in a tupperware container, if not just use a bowl. Add eggs and water and whisk together. Don't add too much water or the batter will be thin!





2. Heat a pan over medium heat, not too hot or they will burn fast! I put mine right on 5. Spray with cooking spray in between each pancake. Take a 1/4 cup scoop of batter and cook for about 45 seconds on both sides and they will be this beautiful golden brown.





3. If you're storing the rest, make 3 pancakes and put a lid on it! Man, that was easy.



Nutritional Information: Calories - 283 Fat - 9 g Carbs - 32 g Protein - 23 g

Note: Nutritional information is for 3 pancakes, not including additional toppings.