Pumpkin Protein Pancakes

Serves 1

Nutrition Facts (Per Serving)

292 CALORIES
36 g PROTEIN
21 g CARBS
8 g FAT
Ingredients

2 Tbsp. pumpkin puree
1/2 medium banana
1 large egg
1 scoop vanilla whey protein
1 Tbsp. ground flaxseed
1/2 tsp. ground cinnamon
1/4 tsp. freshly grated nutmeg

RECIPE DERIVED FROM

Directions

1. Combine all ingredients in a food processor until smooth.

2. Heat pan (or griddle) over medium heat; coat with non-stick cooking spray.

3. Pour batter onto the pan/griddle.

4. Cook each pancake for 2-3 minutes and then flip. Cook on the other side for about 1 minute.

5. Serve with your favourite toppings.

Makes 2-3 pancakes
If you would like to learn how to incorporate this into your meal plan to either lose fat or build muscle, please contact me: brad@bradnewton.tv

Please share with me how you re-created this recipe on social media. Tag me!!! 😊

I am also here to help you!

Join my community on social media 😊

**Youtube:** YouTube.com/bradnewton

**Instagram:** @bradnewtonofficial

**Snapchat:** SeekFitLife

Best Regards,

Brad