PROTEIN PANCAKES

AFTER TRAINING/REHEARSAL/PERFORMANCE

6 AMERICAN PANCAKES = 2 portions
DURATION to bake 10 MINUTES

INGREDIËNTS

- **½ banana (75 g)**
- **50 g rolled oats (gluten free)**
- **25 g whey protein powder (vanilla)**
- **2 eggwhites (60 g)**
- **100 g skim quark or skyr**
- **½ tsp cinnamon**
- **½ bag of baking powder**
- **Pinch of salt**
- **drop of (rice) oil for baking**

Classic pancakes with a athletic twist!

Perfect for recovery after training because they contain a good portion of CHO to restore glycogen and about 25g protein for muscle recovery and maintanance!

One portion = 3 pancakes.

These are also ideal for breakfast when you add some fresh fruit and/or honey, half a handful of nut/seeds of choice and a cup of tea and/or coffee

Cut the banana in chunks. Add the banana and all other ingredients (except the oil) to the blender or use a handmixer. Blend until smooth.

Take a nonstick baking pan and heat over medium fire. Add a drip of oil and bake 3 pancakes at a time in your pan.

ALLERGENEN

ZADEN
VIS
INSECTEN
NOTEN
LACTOSE
GLUTEN
EI
SOJA
PINDA

ENERGIEVARRDE	VOEDINGSWAARDE	EETSTIJL
	TOTAL: Kcal 550 | fat 14 g | s.fat 3 g | CHO 52 g | protein 51 gr | fiber 6 g PER PORTION (3 pancakes) Kcal 275 | fat 7 g | s.fat 1,5 g | CHO 26 g | protein 25 g | fiber 3 g	GLUTENVRIJ

KOOLHYDRATEN VETTEN EIWITTEN