



Cornmeal-Protein Pancakes

We've found it!!!! Protein pancakes with some fluff...*and texture*. We've all tried protein pancakes that have NO fluff and are thin and rubbery. Yuck!! The portion-size here allows for 2 large pancakes, and allows for some flexibility to top with some maple syrup, blueberries, pecans or whatever your favorite pancake topping is and still stay around 400 calories – topping included!! And these are bursting with healthy monounsaturated fats and 20 percent of the recommended daily fiber intake.

Ingredients

½ cup whole wheat flour
½ cup cornmeal
2 tsp baking powder
1 pinch salt
2 large eggs
Cooking spray

2 scoops Beachbody vanilla protein powder
2 TBSP stevia-based sweetener
1 tsp baking soda
1 ½ cup light Vanilla Yogurt
¼ cup canola oil

Directions

- Combine all wet ingredients in a bowl and whisk.
- Combine dry ingredients in a bowl and stir with a fork.
- Combine wet and dry ingredients and stir until just mixed
- Cook over medium-high heat on the stove or electric griddle
- Makes 10 large pancakes

The Data (per serving, 2 pancakes)

Calories: 275 cal	Carbs: 30 gm	Total Fat: 10.5 gm
Protein: 15 gm	Fiber: 5 gm	Sat. Fat: 1.5 gm