

HOMEMADE PROTEIN PANCAKES

GLUTEN-FREE & DAIRY FREE

Serves: 1 Prep time: 10 minutes



Ingredients:

- 2 eggs
- 1 banana
- ¼ cup gluten-free old fashioned rolled oats
- Splash of unsweetened vanilla almond or coconut milk
- 1 tsp. baking powder
- 1 tsp. vanilla extract
- ½ tsp. cinnamon



Instructions:

- Put all of the ingredients into a blender. Blend mixture until smooth.
- Spray a little coconut oil onto pan and cook like normal pancakes :)
- Top with your favorite fresh fruit.



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Health**

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