



FAB RECIPE – WEEK OF 12 MARCH 2012

Banana Walnut Protein Pancakes

What? You can eat pancakes that are clean? Yep! You got it! Not only did this month's [Oxygen Magazine](#) have an AMAZING smoothie recipe, but it has a pancake recipe that is "to die for"!



Ingredients:

3 small bananas
1/2 c chopped walnuts
6 egg whites

1 c rolled oats
1 tbsp ground flax
1 tbsp wheat germ
2 tbsp protein powder
2 tsp ground cinnamon
1/2 tsp sea salt

1 tsp vanilla
2 tsp maple syrup (not Aunt Jemima y'all - the REAL stuff!)
1/2 c plain low-fat Greek yogurt

Directions:

1. In a shallow bowl, mash bananas until smooth. Add walnuts; set aside.
2. Beat egg whites until stiff. Set aside.
3. In a large prep bowl, combine dry ingredients.
4. In another bowl, combine the mashed bananas, walnuts and egg whites with wet ingredients. Add the dry ingredients to the wet ingredients and mix gently to combine.
5. Heat a skillet on medium-high heat with a light coat of cooking oil (canola or coconut). Pour about 1/4 c of batter for each pancake (yes, those are large pancakes!). Cook on one side until bubbles appear on top, then flip to cook the other side, about 2 minutes per side. Repeat until all batter has been used. Serve.

Serving Info:

Makes 8 servings. Approximate Nutrient Info: Cal - 160, Fat - 6g, Sat Fat - 1g, Sodium - 180mg, Carbs - 20g, Dietary Fiber - 3g, Sugars - 6g, Protein - 9g, Iron - 3mg.

Source: [Oxygen Magazine, March 2012, page 84](#)