



**BODYBUILDING.com™**

### Quick Recipes: Oatmeal Pancakes

#### **Ingredients**

Baking powder, 1-1/2 tsp  
Uncooked oats, 1 cup  
Cinnamon, 1-1/2 tsp  
Vanilla whey protein powder, 1 scoop  
Egg whites, 3  
Splenda, 2 packets

#### **Directions**

1. In a medium-sized bowl, combine the baking powder, oats, cinnamon, protein powder, and Splenda.
2. Add the egg whites and stir until the entire mixture is wet. Batter will be lumpy.
3. Grease a skillet and let it warm over medium-high heat. Pour the batter out to make one pancake. Use the bottom of a cup or the back of a spatula to flatten it.
4. Cook 2 minutes per side. Enjoy with your choice of fruit or sugar-free syrup.

#### **Nutrition Facts**

Serving size: 1 pancake  
Recipe yields 1 serving  
Calories: 478  
Fat: 5 g  
Carbs: 31 g  
Protein: 40 g