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Courtesy of Spencer Miller, The Macro Chef

Oreo protein pancakes

Pancake ingredients:

Whole-wheat flour, 1/2 cup (60 g)
MusclePharm Chocolate Milk protein powder, 1 scoop (35 g)
Cocoa powder, 1 tbsp (5 g)
Granulated Stevia or erythritol, 1 tbsp
Baking powder, 1 tsp
Milk, 1/2 cup
Plain nonfat Greek yogurt, 1/4 cup (56 g)
Egg, 1 whole

Dark-chocolate sauce ingredients:

Cocoa powder, 2 tbsp (5 g)
Walden Farms sugar-free maple syrup, 4 tbsp

White-chocolate sauce ingredients:

Sugar-free white chocolate chips, melted, 1/2 cup (34 g)
Oreo, 1

Directions:

1. Preheat pan or griddle to medium-high heat. Mix flour, protein powder, cocoa, Stevia, and baking powder in a medium bowl. In a separate bowl, mix milk, Greek yogurt, and egg. Combine wet and dry ingredients, and gently mix until smooth.
2. Spoon batter onto griddle to make 6 medium-sized pancakes. Cook for about 3 minutes per side.
3. Layer pancakes with white chocolate pudding. Mix dark-chocolate-sauce ingredients and drizzle over pancakes. Heat white chocolate and drizzle over pancakes. Crush Oreo and add to the top. Enjoy!