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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.