

Almond Butter Protein Pancakes

Ingredients

- 1 scoop Optimum Nutrition Gold Standard 100% Whey Vanilla Ice Cream
- 3 egg whites
- 1/4 cup water
- 1 tbsp almond butter
- 1 Splenda packet
- 2 tbsp sugar-free syrup

Directions

- 1. Mix ingredients in a bowl. If needed, add a bit more water.
- 2. Cook over medium heat.
- 3. Plate and spread 1 tbsp almond butter on top of the pancakes
- 4. Sprinkle with 1 packet Splenda and drizzle with maple syrup.
- 5. If desired, add a few strawberries and bananas for deliciousness!