



Banana Pancakes

Ingredients

1/4 cup unsweetened coconut flakes
1-2 scoops Optimum Nutrition 100% Gold Standard Whey Vanilla Ice Cream
6 whole eggs, 2 egg whites
1 tbsp coconut oil
1 whole banana
Cinnamon, to taste
Sugar-free maple syrup, to taste

Directions

1. Preheat your pan to 300 degrees.
2. In a bowl mix eggs, 1/4 cup coconut flakes, 1/2 of a mashed up banana, and 1/2 drop liquid Stevia.
3. Melt coconut oil in microwave and add to mix.
4. Stir in flax meal and protein to a desired creamy consistency. Add cinnamon.
5. Pour on pan and cook a few minutes on each side.
6. Once all pancakes are made, slice up the remaining 1/2 banana and top the pancakes with zero-calorie maple syrup.