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## **Vanilla Blueberry Protein Pancakes**

Prep Time: 10 min.  
Cook Time: 5 min.  
Serving 3-5 pancakes  
Makes 1 serving

### **Ingredients**

2 cups oatmeal  
5 egg whites  
3 whole eggs  
1/2 cup dried blueberries  
1 serving vanilla Kasein

### **Directions**

1. Place all ingredients in a blender and blend for 20-30 seconds.
2. Coat frying pan with cooking oil and heat pan to a medium temperature.
3. Carefully pour mixture into frying pan using ladle. Each pancake should take 4-5 minutes per side, depending on the thickness.

Note: These pancakes are best served with a coating of natural crunchy almond butter to add taste as well as additional muscle-building calories from healthy fats.