

# Apple Cinnamon Protein Pancake

## Apple Cinnamon Protein Pancake



These Apple Cinnamon Protein Pancakes are great for a fall morning!

Course Breakfast

Cuisine American

Prep Time 10 minutes

Cook Time 19 minutes

Total Time 29 minutes

Servings 3 servings, 2 pancakes each

Calories 149 kcal

Author Kirsten Morningstar-Beachbody Blog

## **Ingredients for Apple Cinnamon Protein Pancake:**

- Nonstick cooking spray
- 1 medium apple peeled, sliced
- $\frac{3}{4}$  tsp. ground cinnamon divided use
- 4 large egg whites ( $\frac{1}{2}$  cup) (I use eggs)
- $\frac{1}{2}$  cup unsweetened applesauce
- $\frac{1}{4}$  cup unsweetened almond milk
- 1 scoop whey protein powder vanilla flavor (I use vanilla Shakeology)
- $\frac{1}{4}$  cup old-fashioned rolled oats
- 2 Tbsp. coconut flour
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. ground ginger
- 1 dash ground nutmeg

## **Instructions for Apple Cinnamon Protein Pancake:**

1. Heat medium nonstick skillet lightly coated with spray over medium-low heat.
2. Add apple and  $\frac{1}{4}$  tsp. cinnamon; cook, stirring constantly for 3 to 4 minutes, or until apple is soft. Remove from heat. Set aside.
3. Combine egg whites, applesauce, and almond milk in a small bowl; mix well. Set aside.
4. Combine protein powder, oats, coconut flour, baking

powder, remaining  $\frac{1}{2}$  tsp. cinnamon, ginger, and nutmeg in a medium bowl; mix well.

5. Add applesauce mixture to oat mixture; mix until just blended.
6. Heat large nonstick skillet lightly coated with spray over medium heat. Ladle about  $\frac{1}{4}$  cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip. Cook for 90 seconds, or until golden brown and cooked through.
7. Divide pancakes between three serving plates. Top evenly with cooked apple slices.

Enjoy your Apple Cinnamon Protein Pancake!

#### Nutrition Facts

Apple Cinnamon Protein Pancakes

Amount Per Serving (2 pancakes)

**Calories** 149Calories from Fat 18

**% Daily Value\***

**Total Fat** 2g3%

Saturated Fat 1g5%

**Cholesterol** 12mg4%

**Sodium** 194mg8%

**Total Carbohydrates** 20g7%

Dietary Fiber 4g16%

Sugars 10g

**Protein** 13g26%

\* Percent Daily Values are based on a 2000 calorie diet.

**Nutritional Information (per serving):**

Calories: 149

Total Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 12 mg

Sodium: 194 mg

Carbohydrates: 20 g

Fiber: 4 g

Sugars: 10 g

Protein: 13 g

## Portion Fix Containers

$\frac{1}{2}$  Purple

$\frac{1}{2}$  Red

$\frac{1}{2}$  Yellow