

# Coffee pancakes



**BODY SHAPE**  
PERFORMANCE

20g plain flour (use gluten free if preferred)  
30g oats (use gluten free if preferred)  
2 eggs  
1 egg white  
50g ripe banana  
1 tsp stevia (or use natural sweetener of your choice)  
20g crunchy nut butter (any variety)  
2-3 tps coffee granules (use decaffeinated if preferred)  
1 tsp ground cinnamon  
3 tps coconut oil

**MAKES 4 PANCAKES**

Put all of the ingredients in a blender, except for the coconut oil. Blend until thoroughly combined.

Melt 1 tsp of coconut oil in a large frying pan over a medium / high heat. Pour quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture in to a circular shape.

When small holes appear in the pancakes, turn or flip it over and cook on the other side for 1-2 minutes.

Transfer pancake to a plate. Add more oil to the pan and repeat three more times with the remaining mixture.

Separate each pancake on the plate with a sheet of kitchen roll until you are ready to serve.

*Store any leftover pancakes in an airtight container and refrigerate for up to 2 days.*

## Serving suggestion:

Serve each pancake with a dollop of Greek yoghurt, a drizzle of honey and a sprinkle of chopped walnuts.



PER PANCAKE:  
164 Calories  
14g Carbs  
7g Protein  
9g Fat

