

Fluffy vanilla pancakes



BODY SHAPE
PERFORMANCE

175g self-raising flour (use gluten free flour if preferred)
small pinch of bicarbonate of soda
pinch of sea salt
2 tsps granulated natural sweetener of your choice
100ml buttermilk (or use dairy free milk of your choice)
200ml almond milk (or use milk of your choice)
1 egg
1 tsp vanilla extract
35g vanilla flavoured whey or rice protein powder (optional)
2 tbsps raisins
3 tsps coconut oil

Place all ingredients except for the raisins and coconut oil in a blender and mix until smooth. Stir the raisins into the batter.

Heat the coconut oil in a pan over a medium/high heat and then pour one sixth of the mixture into the centre of the pan.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake (around 1-2 minutes), turn it over and cook for 1-2 minutes, until golden. Transfer to a plate.

Repeat with the remaining batter.

Serve with yoghurt, berries and a drizzle of honey.

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

MAKES 6 PANCAKES



PER PANCAKE:
189 Calories
28g Carbs
8g Protein
5g Fat

