

LOW CARB PANCAKES

INGREDIENTS:

- ¼ cup low fat soy flour
- ¼ cup low carb baking flour
- ¼ cup ground flax seed
- 1 scoop Pure Protein vanilla protein powder
- ½ cup egg beaters
- ½ cup unsweetened almond milk (35 calories per serving)
- ¼ cup water
- 1 tbsp splenda
- 1 tsp vanilla extract



DIRECTIONS:

Combine all ingredients into a large bowl and mix well. Cook in a nonstick skillet 2-3 minutes per side or until golden brown.

Recipe makes 2 servings
Serving Size: ½ the recipe

NUTRITION FACTS PER SERVING:
222 calories; 13g carbs; 6g fiber; 29g protein

****Low fat soy flour and low carb baking flour can be purchased
at Drug Emporium****