

Banana Nut Pancakes or Muffins:

4T butter, melted

2 eggs

1 scoop Syntrax banana protein (sold at NuBody)

1/8t baking powder

Cinnamon, to taste

2T Stevia or Splenda

1/4c walnuts

Mix all ingredients

In non-stick skillet make 3 pancakes or pour into greased 6 muffin tin and bake at 350 for 7-10 min.

(DO NOT over cook; muffins will be soft until cooled)

Each Muffin: 142 calories

Each Pancake: 284 calories