

HEALTHY COOKING

▶ POWER UP PANCAKES



SERVES 1

INGREDIENTS

- ▶ 2 scoops Ultra Diet 2 powder
- ▶ 1 scoop LSA (ground linseed, sunflower and almond mix)
- ▶ 1 egg
- ▶ 4 Tbs water
- ▶ 1 tsp coconut oil or butter
- ▶ Optional: cinnamon, vanilla and/or ground ginger

Pancakes can be made the night before and heated in the microwave at work.

Mix all ingredients together except for the oil/butter. Put ½tsp of coconut oil/butter into heated pan, add half the pancake mix. When bubbles start to appear on the surface flip the pancake. Put the rest of the oil/butter in the pan to make a second pancake.

Can be served with 2 Tbs plain yoghurt, low fat ricotta or blueberries - analysis excludes these.

Each serving:

Protein: 16g | Carbohydrate: 1g | Oil: 10ml

Tip: Pancakes can be made the night before and heated in the microwave at work.