



Vegan Banana Protein Pancakes from <http://myvega.com>

Looking to add a little oomph to your breakfast? These banana protein pancakes might just fit the bill. Part pancake, part banana bread, they are packed with plant-based goodness and make a delicious post-workout meal. Top with your favorite fruit, nuts, or syrup of choice and you'll be ready to start your day!

Protein Pancakes Ingredients – Makes 2 Servings

- 1 large banana, mashed
- 1 tsp. vanilla extract
- 1 cup non-dairy milk (almond, coconut, rice etc.)
- 1 cup gluten-free all-purpose flour
- **One scoop Vega Sport Performance Protein (Vanilla)
- 1 tsp. baking powder
- 1 tsp. baking soda
- $\frac{1}{4}$ tsp. cinnamon
- 1 Tbsp. coconut oil
- Optional Toppings: Banana slices, chopped nuts, maple or agave syrup

Preparation

1. Whisk together non-dairy milk, mashed banana and vanilla extract. Set aside
2. In a separate bowl, mix remaining dry ingredients
3. Incorporate the dry ingredients into the wet, mix until just combined. Add more non-dairy milk if batter appeared too thick.
4. Melt coconut oil in a non-stick pan over medium heat, or use a griddle
5. Add a quarter cup of the batter into the pan. Flip once bubbles have formed and popped (approximately 2 minutes per side)
6. Top with fresh fruit, nuts, or syrup and enjoy!

** Optional ingredient - Adapt recipe by using any plant based protein powder