

## Lo-Carb Oatmeal & Blueberry Protein Pancakes

Proving that gluten-free recipes can be both delicious and high in protein, these lo-carb 'cakes are a great addition to *any* bodybuilding diet.



### Ingredients:

- 3 rounded scoops vanilla protein powder (39 grams/scoop)
- 1 tsp. baking powder
- 1 cup cooked *gluten-free* oatmeal (see hint 1, below)
- On packet Splenda® or Stevia®
- 1/2 tsp. ground cinnamon
- 1/4 tsp. nutmeg
- 1/4 cup blueberries
- 3/4 cup skim or almond milk
- 1 tsp. healthy oil (almond, grapeseed, medium chain triglyceride, etc.)
- 1 large egg

Mix all ingredients in a bowl and cook on a pre-heated skillet sprayed with nonstick cooking spray. *Makes about 3, 5 inch pancakes.* Stores well, covered, in fridge for 3-4 days. Note: Use low-carb, low-sugar protein powder.

Nutrition Information Per Pancake: Protein, 33.3 gr. Carbs, 9.2 gr. Fat, 5 gr. Calories, 238. (These numbers can vary based on the quality of your protein powder.)

Hint: (1) To make a healthy syrup mix about 1/4 cup coconut, almond or macadamia nut oil with a small amount (1 tbs.) of genuine maple syrup or light agave nectar.

(2) You can substitute 1/2 cup *uncooked* oats, but add additional 1/2 cup milk and let the batter set for about 15 minutes to soften the oats. The uncooked oats will digest more slowly, lowering the glycemic index of pancakes.

