



Smoothie Blender Pancakes



1/2 of recipe (4 pancakes): 182 calories, 1.5g total fat (0.5g sat. fat), 585mg sodium, 18g carbs, 2g fiber, 9.5g sugars, 26g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 15 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

Ingredients

2/3 cup (about 5 large) egg whites or fat-free liquid egg substitute
2/3 cup vanilla protein powder with about 100 calories per serving (like the kind by [Quest](#) or [Tera's Whey](#))
1/3 cup chopped strawberries
1/3 cup chopped mango
1/4 cup mashed extra-ripe banana (about half of a medium banana)
1 tsp. baking powder
1/8 tsp. salt

Directions

Add all ingredients to a blender, and blend until smooth.

Bring a large skillet sprayed with nonstick spray to medium-low heat. Add 1/4th of the batter (about 1/4 cup) to form two medium pancakes. Cook until pancakes begin to bubble and are solid enough to flip, 1 - 2 minutes.

Gently flip, and cook until both sides are lightly browned and the inside is cooked through, about 1 minute.

Plate your pancakes. Remove skillet from heat, re-spray, and return to medium-low heat. Repeat with remaining batter to make six more pancakes. (Keep an eye on 'em... They'll likely cook faster than the first two.)

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.