



## Banana-Chocolate Blender Pancakes



Entire recipe (4 pancakes): 200 calories, 3g total fat (1.5g sat. fat), 391mg sodium, 25.5g carbs, 2.5g fiber, 14.5g sugars, 20.5g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes



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### Ingredients

1/3 cup mashed extra-ripe banana (about half a medium banana)  
1/4 cup (about 2 large) egg whites  
1/4 cup vanilla protein powder with about 100 calories per serving (like [the kind by Tera's Whey](#))  
1/2 tsp. baking powder  
1 1/2 tsp. mini (or chopped) semi-sweet chocolate chips  
Optional toppings: sliced banana, lite pancake syrup

### Directions

In a blender, combine all ingredients *except* chocolate chips. Blend until mostly uniform. (Batter will be thin.)

Bring a skillet sprayed with nonstick spray to medium-low heat. Add half of the batter to form two medium pancakes. Sprinkle with half of the chocolate chips. 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 and chips to make two more pancakes. (Keep an eye on 'em... They'll likely cook faster than the first two.)

MAKES 1 SERVING

**Gluten FYI:** Most protein powder is free of gluten, but check the ingredients list if you're avoiding it.

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