



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

[Click for WW Points® value*](#)

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



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [5 Ingredients or Less](#), [Gluten-Free](#)

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.

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.