



## 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

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

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



Tagged: [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**

**[SmartPoints](#)® value\*** not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values\*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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