



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

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

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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

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