

Ryno Power Protein Pancakes

- 1/2 cup Pamela's Baking Mix
- 1 cup GF oats
- 1/2-cup non-fat powdered milk
- 2 cups Ryno Power Protein Powder
- 2 tbsps baking powder
- 2 tbsps ground cinnamon
- 1/2 tsp salt
- 1 1/2 cups egg substitute (whites)
- 3 cups water or coconut milk
- 3 tsps vanilla extract
- 1 1/2 oz nuts (if desired)

How to Make Mix

Grind oats in a food processor. Measure all dry ingredients into an airtight container, shake or whisk until well combined.

Combine egg substitute, vanilla and the coconut milk or water. Allow to stand at room temperature for 10-20 minutes. Wipe an 8 to 10 inch non-stick skillet with a very thin coat of vegetable or grape seed oil.

Heat pan to medium/medium high heat. Add pancake mix to egg mixture and gently combine. You may need a bit more water or coconut milk, as the protein powder may absorb more liquid. Don't mix too vigorously or you'll have a dense, flat pancake. Add more water if necessary to make a medium batter. (The thinner the batter the thinner and more dense the pancake will be. I prefer to keep the batter as thick as possible, so it just barely pours out of the cup.)

Fold in nuts and immediately pour into hot pan, cook until brown on one side, flip and cook until browned on the second side. Serve with Agave nectar or organic maple syrup.

Serves 6