

# ASHLEY'S BLUEBERRY PROTEIN PANCAKES AND EGGS

Servings: 1 | Prep Time: 5 min | Total Time: 15 min

## INGREDIENTS

6 TBSP / Liquid Egg Whites

2 Whole Eggs

½ cup (62g) / Pancake Mix (dry)

2 TBSP / Frozen Wild Blueberries

1 Small Banana

15g / Baby Spinach

1 Slice / Gouda Cheese (optional)

½ cup - ⅔ cup / Cold Water

## DIRECTIONS

- In a small container, combine eggs and liquid egg whites. Season to taste.
- Set eggs aside.
- Heat pan non-stick pan on medium heat. Spray small amount of olive oil in pan.
- In another small container, whisk pancake mix and cold water. Do not over-mix, batter will be thick.
- Once pan is heated, pour ¼ of batter for each pancake into the pan.
- Place blueberries on top of pancakes, spread evenly. Take spatula and press blueberries into batter.
- Cook pancakes about 2 minutes, or until golden brown.
- Flip pancake and cook about 2 minutes, or until golden brown. Flip only once.

## SHOPPING LIST

Cage Free 100% Liquid Egg Whites

Kodiak Cakes Buttermilk Protein Pancake Mix

Cold Water

Extra Virgin Olive Oil Spray

Frozen Wild Blueberries

Small Banana (optional)

Organic Baby Spinach

Sliced Gouda Cheese (optional)

Sugar Free Pancake Syrup

## APPROX. MACROS

Calories - 583

Protein – 43g

Carbs – 64.5g

Fiber – 7.2g

Sugar – 19.8 g

Fat – 17.5g

Saturated Fat – 6.6g

- Once all pancakes are cooked, set aside.
- Using same pan or new clean pan, spray small amount of olive oil into pan on medium heat.
- Sauté spinach in heated pan for approximately 2 minutes, or until wilted.
- Pour egg mixture into pan.
- Stir eggs and spinach together until scrambled, about 4 minutes or until fluffy.
- Remove pan from heat, place slice of cheese on top of eggs and mix until melted.
- Place pancakes and eggs on plate.
- Slice banana and add on top of pancakes, along with sugar free syrup (optional).

