

## MYFITZONE PANCAKES



Serves 2

### Ingredients:-

0% Fat Greek Yoghurt	2 tbsp.
Egg	1 large
Porridge Oats	2 tbsp.
Banana	1
Protein Powder	1 scoop (optional)
Coconut Oil	for cooking or oil of your choice
Maple Syrup	to serve

### Instructions:-

1. Mix the banana, egg, porridge oats, protein powder and yoghurt together in a blender
2. Wipe a little oil in a pan with kitchen paper, heat until very hot
3. Pour the pancakes into the hot pan and smooth out with a spoon
4. Cook on each side for 2-3 minutes
5. Serve with a drizzle of maple syrup

You could try these with any fruit of your choice and maybe a dollop of yoghurt too!

Check out our website for meal plans and more recipes [www.myfitzone.co.uk](http://www.myfitzone.co.uk)