

Flaxseed Banana Protein Pancakes

Ingredients

- 1 ripe banana
- 2 eggs
- ¼ cup rolled oats
- 1 tbsp ground flaxseed
- 1 scoop vanilla protein powder (optional)
- ½ tsp cinnamon

Instructions

1. Blend all ingredients until smooth.
2. Heat a non-stick pan and pour small amounts of batter.
3. Cook 2–3 minutes per side or until golden brown.
4. Serve warm with berries or nut butter.

Health Benefits

- Flaxseed: Supports metabolism and gut health
- Banana: Potassium for muscles and energy
- Protein: Builds and repairs muscle
- Oats: Sustained release of energy