



POST WORKOUT SET RECIPE OPTION

Banana and blueberry pancakes

INGREDIENTS (1 serving)

- 95g (3.2oz) banana
- 50g (1.7oz) protein powder
- 1 egg
- 2 egg whites
- 45g (1.6oz) oats
- 1 tsp baking powder
- 95g (3.2oz) blueberries
- 10g (0.4oz) coconut oil
- 115g (4.1oz) 0% fat Greek yogurt

Everyone loves a pancake! Here is a banging pancake recipe to smash after your training session. Serve it up with a dollop of yogurt and get stuck in. Feel free to swap the blueberries out for other berries.

METHOD

Whizz up the banana, protein powder, egg, egg whites, oats, baking powder and a few of the blueberries in a blender to make a batter. If the batter is a little thick add a splash of water or milk. Roughly mash the remaining blueberries and mix through the batter.

Heat up half the coconut oil in a non-stick frying pan over a medium heat. Pour little puddles of the batter into the pan. Cook for about 1 minute on each side. Remove and repeat the process with the rest of the oil and batter.

When all the pancakes have been cooked serve with a nice dollop of yogurt and tuck in.