



CARBOHYDRATE REFUEL MEAL
POST WORKOUT

Protein refuel pancakes

INGREDIENTS (1 serving)

-
- 150g (5.4oz) banana
- 45g (1.5oz) protein powder
- 1 egg
- 3 egg whites
- 45g (1.6oz) rolled oats
- 1 tsp cinnamon
- 10g (0.4oz) coconut oil
- 95g (3.4oz) 0% fat Greek yogurt
- 45g (1.6oz) berries, such as raspberries, blueberries or blackberries

Everyone loves a pancake! Here is a banging pancake recipe to smash after a HIIT workout. Serve it up with a dollop of yogurt and berries!

METHOD

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Whizz up the banana, protein powder, egg, egg whites, oats and cinnamon in a blender to make a 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.

Serve with a dollop of yogurt and a few berries.