



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Rice and coconut pancakes

INGREDIENTS (1 serving)

- 210g (7.4oz) pre-cooked basmati rice or 70g (2.5oz) uncooked basmati rice
- 60g (2.2oz) desiccated coconut
- 1 tsp cinnamon - optional
- 2 egg whites
- 60g (2.2oz) protein powder
- splash of unsweetened almond milk
- 10g (0.4oz) coconut oil
- 240g (8.5oz) 0% fat Greek yogurt
- 70g (2.5oz) raspberries - or your favorite berries
- small handful of fresh mint - optional

Feel free to mess about with the protein powder flavors and make this dish your own. Even try holding some of the rice back then mixing it through the batter for some texture.

If you are using uncooked rice, cook this first as per the packet instructions and then follow the method below.

METHOD

Place all the ingredients apart from the coconut oil, yogurt, raspberries and mint in a blender and blitz until you have a smooth batter.

Melt a small amount of the coconut oil in a non-stick frying pan over a medium to high heat. Pour in small pools of batter. You can normally fit three in the pan at a time.

Fry the pancakes for about 90 seconds before flipping and cooking for a further 90 seconds - you will know when it's time to flip because little bubbles will appear, not only on the edges of the pancake but also in the middle.

When ready to serve, stack up the pancakes and top with the raspberries, yogurt and mint. You could try mashing together the raspberries and yogurt.