







PROTEIN PANCAKES/WAFFLE

30g of oat + 30g whey protein + a pinch of baking soda

 1 portion

INGREDIENTS

- 30 grams of cereals, QUAKER, Quick Oats with Iron, Dry  30 grams of wheat flour, whole-grain  30 grams of oat flour, partially debranned
- 30 grams of whey Isolate Protein (life time)
- 1/2 tsp of leavening agents, baking soda (2 g)  2 large units of egg, whole, raw, fresh (100 g)
- 1 cup of blueberries, raw (148 g)  1 cup, halves of strawberries, raw (152 g)  1 medium unit (7" to 7-7/8" long) of bananas, raw (118 g)  1 cup of raspberries, raw (123 g)

COOKING METHOD

- ¹⁰ Mix everything together (oat + baking soda + whey protein), gradually adding water until it becomes a paste. Once everything is well blended into a paste, transfer it to a waffle maker or you can cook it in a pan as a pancake. Cook for 3 minutes, and it's ready! Then, you can add the fruits of your choice that are allowed in your diet.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (246 g)	% DRI
ENERGY	153 kcal	376 kcal	19 %
FAT	4 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	78 mg	191 mg	64 %
SODIUM	232 mg	571 mg	24 %
CARBOHYDRATE	17 g	43 g	14 %
SUGARS	4 g	11 g	—
FIBER	3 g	7 g	28 %
PROTEIN	13 g	33 g	—