

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

PROTEIN PANCAKE RECIPE

Ingredients:

- ¼- scoop RAW protein powder
- 1C coconut flour (Bob's Red Mill)
- 1-2 T organic cocoa powder
- 2 organic cage free eggs
- Coconut milk or water to right consistency

Directions:

- Mix ingredients together to the right consistency
- Heat griddle and cook