

“HULK” SWEET POTATO PANCAKES

Makes one Lg or 3-4 small pancakes, ready in 5 minutes! Easy peasy pre and post workout meal! You can also cut into quarters and pack for on the go!

INGREDIENTS

- 1/2 cup liquid egg whites & 1 whole egg
- 1/2 tsp. baking powder
- ½ -1 Scoop Vanilla Whey Protein
- 1-2 tsp Agave Nectar to sweeten (opt)
- 1/2 tsp. pumpkin pie spice
- 1 tbsp. Natural Almond butter or any nut or seed butter (replace with applesauce if nut allergic)
- 3 oz. cooked sweet potato (you can microwave steam in a paper towel) (or use canned pumpkin or ½ cup quick oats ground into flour)
- ½ ripe banana
- 1-2 oz. baby Spinach (optional)

DIRECTIONS

Put all the ingredients in a blender for 30 seconds, blend well on high. Heat a large non-stick pan over med high heat, spray pan with pam cooking spray right before you pour the batter in. Cook in a non-stick pan over medium heat for about five minutes till it sets up firmly on top, then flip. If the pancake is too large, cook in a smaller pan and or make smaller separate pancakes but this batter isn't "fluffy". Limit use of sugar free syrups as they contain sugar alcohols which are known to cause bloating and intestinal upset. If you need to top it with something, use real fruit or agave nectar or natural almond butter for extra calories after a workout. Agave or real maple syrup is a great pre-race day food too!

SHOPPING LIST

Eggs

Liquid Egg Whites

Whey Isolate Protein (or vegan whey protein powder)

Agave nectar or Honey

Sweet Potatoes

Canned Pumpkin Puree

Instant Oats

Baby Spinach

Nut or seed butter

Applesauce

Bananas (optional)

Greek yogurt (optional)

If you are dairy free vegan, you can use egg replacer or ground flax seed, 1 tbsp with 2 tbsp water and soak 5 min. to replace one egg. Instead of whites use a dairy free milk but use 1 tsp baking soda to recipe.

You can also use gluten free oatmeal as flour, just grind up oats in your blender first.

This is great use of overripe bananas which are VERY high in potassium