



# Breakfast Recipes

## Pumpkin Protein Pancakes (Paleo)

### Ingredients:

- 1 cup egg whites
- $\frac{3}{4}$  cup pumpkin puree
- 1 scoop Ascent vanilla protein
- 2 tablespoons milled flax
- 2 tablespoons organic honey
- $\frac{1}{8}$  tsp ginger
- $\frac{1}{4}$  tsp nutmeg
- $\frac{2}{3}$  tsp cinnamon
- $\frac{1}{2}$  tsp pumpkin spice
- $\frac{1}{4}$  tsp baking soda
- $\frac{1}{4}$  tsp salt



### Directions:

1. Mix pumpkin and egg whites very well, then add in the honey
2. Mix all dry ingredients together (ie: protein and spices)
3. Heat pan to medium heat and coat with coconut oil (spray)
4. Pour  $\frac{1}{4}$  cup batter on the griddle
5. Sprinkle blueberries over the batter and cook
6. Once there are bubbles, flip and cook the other side
4. Pancakes are done when golden brown

Enjoy!

Serving size = 3, 4 inch pancakes, makes 10 pancakes

### Nutrition Information:

**1 serving = 3 pancakes: 141 calories, 15 grams protein, 15 grams carbs, 6 grams fat**

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