

# **Protein Pumpkin Pancake**

*THM-Friendly E, Low-fat, Sugar-free, High Protein Breakfast*

## **Pancake Ingredients:**

- 1/3 c. Egg Whites (or 2 eggs for THM-friendly XO)
- 3 tbs. Canned Pumpkin
- 1/2 c. Oats (5 g)
- 1/8 tsp. Cloves and Nutmeg
- 1/4 tsp. Cinnamon
- Natural Sweetener (I used a dash of pure stevia)
- 1/4 c. Nonfat Greek Yogurt (or 2% Cottage Cheese)
- 3 tbs. Plain Unflavored Whey Protein Powder

## **Directions:**

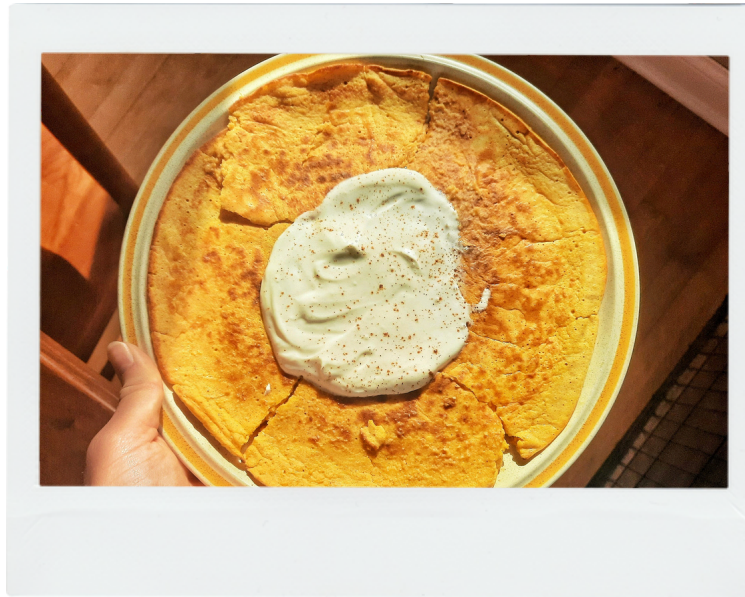
1. Blend all ingredients.
2. Cook in lightly greased skillet on stove.
3. Make Creamy Protein Topping.

## For Creamy Protein Topping:

- 1/3 c. Nonfat Greek Yogurt (or Cottage Cheese)
- Drop of Vanilla Extract
- Dash of Natural Sweetener

## Directions:

1. Mix together ingredients.
2. Top protein pumpkin pancake with mixture and then sprinkle with cinnamon.
3. Enjoy!



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