

TASTY SHAKE RECIPES

Easy and delicious ways to put more healthy protein into your diet every day.



Protein Pancakes

INGREDIENTS:

1 Premier Protein® Vanilla Shake

1-1/2 cups whole wheat flour
3-1/2 tsp baking powder
1 tsp salt
1/2 cup skim milk
1 egg
2 Tbsp melted butter

DIRECTIONS:

In a large bowl, sift together the flour, baking powder, and salt. Make a well in the center and pour in the shake, milk, egg and melted butter; mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter into the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.