EVIA INSPIRED RECIPES

PROTEIN PANCAKES

PREP TIME: 10MIN • COOK TIME: 5MIN

RECIPE BY EVIA YOGHURT

INGREDIENTS

- 250G EVIA GREEK NATURAL YOGHURT
- 2 EGGS
- 30G VANILLA PROTEIN POWDER
- 110G ROLLED OATS
- 1 BANANA (APPROX 150G)
- PINCH OF GROUND CINNAMON
- PINCH OF SEA SALT
- 2 TSP BAKING POWDER
- 3 TBS MILK
- SPRAY OIL
- MAPLE SYRUP, TO SERVE
- 250G STRAWBERRIES, TO SERVE

Yummy AND SOFT HOT SPONGY PANCAKES

USE THIS EVIA PRODUCT

GREEK NATURAL

AVAILABLE IN 170G & 700G

METHOD

HOW TO

1. PLACE ALL THE 100G OF YOGHURT, EEGS, VANILLA PROTEIN POWER, ROLLED OATS, BANANA, CINNAMON, SALT, BAKING POWDER AND MILK IN A BLENDER AND BLITZ UNTIL MIXTURE IS SMOOTH. ADD A LITTLE MORE MILK IF THE MIXTURE IS TOO STIFF, YOU WANT THE CONSISTENCY OF POURING CREAM, NOT TOO THIN AND NOT TOO THICK.

2. PLACE A LARGE FRYING PAN OVER A MEDIUM HEAT. SPRAY PAN WITH OIL AND ADD ¼ CUP OF BATTER PER PANCAKE. WHEN THE TOP OF THE PANCAKE STARTS TO BUBBLE, IT'S TIME TO FLIP AND COOK FOR ANOTHER MINUTE ON THE OTHER SIDE. REMOVE AND KEEP WARM WHILST YOU REPEAT WITH REMAINING SPRAY OIL AND PANCAKE BATTER.

3. SERVE THE PANCAKES WITH REMAINING YOGHURT, MAPLE SYRUP AND STRAWBERRIES.

AUTHENTIC • TRADITIONALLY STRAINED