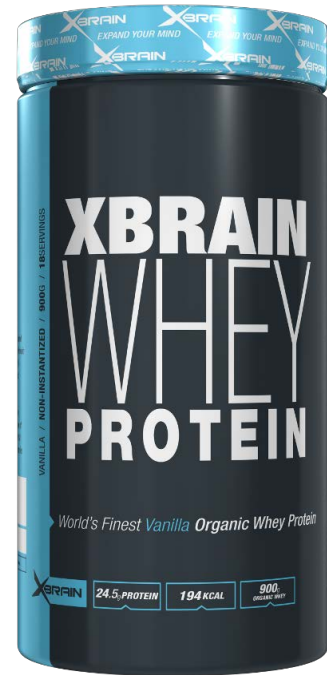


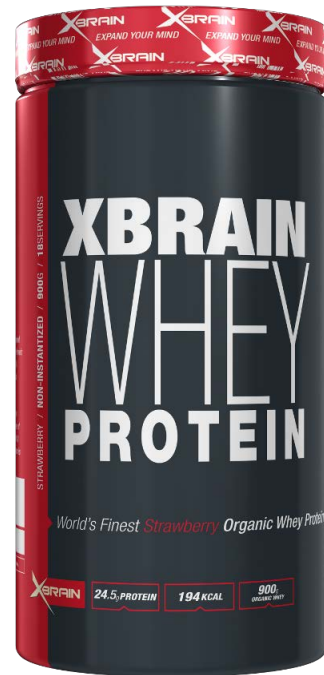
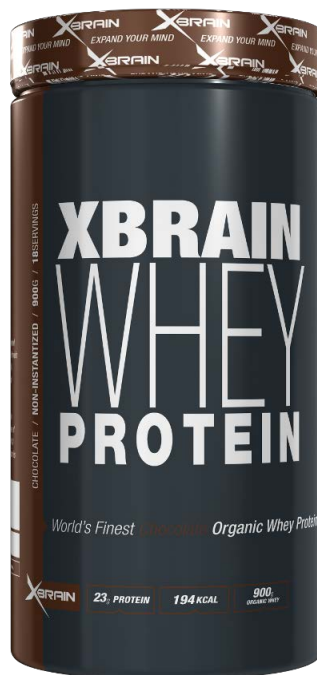
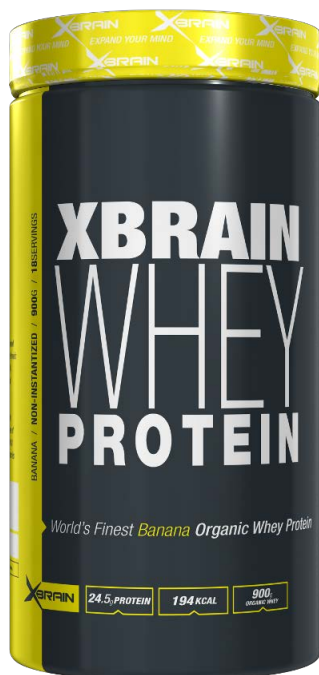
Protein Pancakes:

- 3/4 cup egg whites
- 1/2 scoop XBrain™ Whey Protein Vanilla
- 1/3 cup oats
- 2 tbsp plain Greek yogurt
- Dash of cinnamon
- Splash of milk



Blend all ingredients, on the pan and voila. Top with Syrup and apple.

You may also try one of these flavours, don't be afraid of experimenting with different recipes.



Lemon Muffins :

2 eggs

2 egg whites

30 g vanilla protein

20 g coconut flour

1 ts xanthan gum

Juice from 1 lemon

2-3 tablespoons milk

30g erythritol powder

3-4 drops of stevia, vanilla