

# Oatmeal / Protein Pancakes

2 tsp cinnamon  
4 ½ cups bread flour  
2 cups whole oats  
2 ½ TBSP Baking powder  
2 TBSP Brown Sugar (optional)  
1 tsp salt  
4 egg whites  
2 tsp vanilla  
2 TBSP melted butter (optional)  
6 scoops Max PRO or High 5 (or add to your liking)  
5 ½ cups Milk (skim)

Mix ingredients. Heat griddle to 450 degrees and use 2/3 cup for each pancake. Makes approximately 16 good size pancakes.

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