



Banana cauli pancake

Honestly, just try this and you'll be pleasantly surprised. Choose a ripe banana and, if no protein powder, then add in 1 tsp of stevia to help enhance the banana flavour. It's quite light overall, so team it with yoghurt, some nut butter or some sugar-free curd (as I've done, search recipes). Serves 1. Per serve: Cal: 194; Fat: 5g; Pro: 20g; Carbs: 14g

Serves: 1, Prep time: 00:08, Cook time: 00:15

Instructions

Preheat oven to 200 degrees and line a baking dish with paper or grease with additional coconut oil. Blend cauliflower in a food processor until it resembles couscous. Add the rest of the ingredients and blend until well blended, it will be light and fluffy.

Pour into baking dish and bake for 12-15 minutes until cooked through.

Serve with plain yoghurt, a tablespoon of nut butter and a few additional berries to bump up nutritional profile (ie more fat and a touch more protein/carbs). This isn't high carb by any means, but higher than other breakfast recipes.

*Protein powder amount is equivalent to half a normal serve. I used Clean Lean Protein vanilla.

Ingredients

- 150 grams Cauliflower
- 0.5 (small) Banana, yellow
- 1 Eggs
- 13 grams Pea protein powder, vanilla
- 0.5 teaspoon Cinammon
- 0.5 teaspoon Unsweetened vanilla extract