



**BODYBUILDING.COM™**

### **Day 7, Meal 1: Breakfast Pumpkin Protein Pancakes**

#### **Dry Ingredients:**

Oats, uncooked, 3/4 cup  
FitMiss Vanilla Chai protein powder, 1 scoop  
Baking powder, 1 tsp  
Cinnamon, 2 tsp  
Pumpkin pie spice, 1 tsp  
Mini semi-sweet chocolate chips, 2 tbsp

#### **Wet Ingredients:**

Egg whites, 4 large  
Canned pumpkin puree, 1/2 cup  
Vanilla almond milk, 1/4 cup  
Vanilla extract, 1/4 tsp

#### **Directions:**

1. Grind the oats into a flour with a food processor (you can also use oat flour). Thoroughly mix the oats with the rest of the dry ingredients except the chocolate chips.
2. Whisk the wet ingredients together in a separate bowl.
3. Mix the dry ingredients into the wet ingredients. Do not overmix.
4. Heat a skillet over medium heat, and coat it with nonfat cooking spray.
5. Using a measuring cup, pour the batter onto the skillet to form 3-4 medium pancakes.
6. Add a pinch of chocolate chips to each pancake. Once the batter begins to bubble, flip the pancakes, and cook them another 2 minutes.
7. Top the pancakes with sugar-free syrup, fresh fruit, or peanut butter.

#### **Nutrition Facts**

Serving size: 3-4 medium pancakes  
Recipe yields 1 serving

Calories 548

Fat 16 g

Carbs 64 g  
Protein 37 g