



Strawberry Protein Pancakes

What you need:

- 2 ¾ cups pancake mix
- 5.3oz container of Light + Fit Strawberry Cheesecake yogurt
- 1 bottle Oikos Vanilla Protein Shake (or sub milk of choice- 12oz)
- 3 eggs
- 1 tbsp ground flax
- 4-5 large strawberries, sliced
- 1/2 cup crushed freeze-dried strawberries

Instructions:

Combine the pancake mix, yogurt, protein shake, eggs, and ground flax in a large mixing bowl. Stir until just combined.

Spray a medium baking sheet with nonstick spray, and then pour the pancake batter evenly into pan. Top with fresh strawberry slices, gently pressing them into the batter. Then, sprinkle the freeze-dried strawberries in a thin even layer.

Bake for 18 min at 375 degrees. Serve with more yogurt and some maple syrup.