

# WILD BERRY PANCAKES



## INGREDIENTS

### ITEM

IP Wild Berry Smoothie Mix  
Egg Whites  
Baking Powder  
Ideal Protein Syrup

### QUANTITY

1 Packet  
2  
½ Tsp.



## PREPARATION

- ✔ In a mixing bowl, combine the IP Wild Berry Smoothie Mix packet, egg whites, and baking powder.
- ✔ Stir the mixture until well combined. If the batter is too thick, you can add a little Ideal Protein Syrup to achieve the desired consistency.
- ✔ Preheat a non-stick skillet or griddle over medium heat.
- ✔ Spoon a portion of the batter onto the preheated skillet, using approximately 1/4 cup for each pancake.
- ✔ Cook the pancakes for 2-3 minutes on one side, or until bubbles start to form on the surface.
- ✔ Flip the pancakes and cook for an additional 1-2 minutes on the other side or until golden brown.
- ✔ Repeat the process with the remaining batter until all the pancakes are cooked. Enjoy!