



Monster Pancake



prep time
5-10 min



total time
20-25 min



servings
4

Ingredients

- 8 eggs ~ 8 servings of protein,
2 2/3 fat serving
- 1 cup flour (can sub gluten flour)
~ about 5 serving of carbs
- 1 cup almond milk milk (can sub
regular milk) ~ Negligible
- 1 tbsp butter ~ 1 serving fat
- 2 tsp cinnamon
- 2 tsp vanilla extract

Instructions

- 1 Preheat the oven to 425 degrees.
- 2 In a bowl crack eggs and whisk together.
- 3 Then add the flour, milk, cinnamon, and vanilla extract - Mix thoroughly.
- 4 Place an empty cast iron pan (sub pyrex pan if needed) with 1 tbsp butter in the oven until melted.
- 5 Then remove the pan from the oven and add the batter. Place the pan back in the oven for 15 minutes or until the "Monster" has puffed up.

Top with butter, syrup, fruit - or whatever you want and enjoy!



Whole Recipe Breakdown:
8 Servings Protein
5 Servings Carb
2 2/3 Servings Fat
0 Servings Veggies