

Fresh Milled Protein Pancakes:

Ingredients:

1 cup ground rolled oats
1.5 cups fresh milled flour
1/2 cup dehydrated/dried milk
1 cup vanilla, chocolate, or strawberry protein powder
3 Tablespoons brown sugar
2 Tablespoons baking powder
1/2 teaspoon salt

Mill your flour into a large bowl

Grind up your rolled oats using a blender

Add the ground up oats, dehydrated milk, and protein powder to your milled flour bowl

In a separate bowl, mix the brown sugar, baking powder, and salt until combined

Add the brown sugar, baking powder, and salt to your oats, dehydrated milk, protein powder, flour bowl

Stir until combined

Store your protein powder pancake mix in the freezer for use when needed

Single serving is 60g of mixture