



## BANANA PANCAKE

*Perfectly balanced, satisfying breakfast.*

*Great to have 1 hour before exercise or as a post-workout meal eaten ½ hour after a post-workout drink.*

**Serves: 1**

### Ingredients:

- 1 small banana, mashed
- 1 whole large egg
- 3 large egg whites or ½ cup egg whites from a carton
- 1 teaspoon Fatso peanut butter or almond butter

### Instructions:

Stir all ingredients together in a small bowl. Place in a non-stick frying pan. Cook until it has solidified enough to flip and enjoy!

Nutrition Facts	Amount/serving	% Daily Value	Amount/serving	% Daily Value *	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
1 serving per recipe	<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carb</b> 24g	<b>8%</b>	
<b>Serving size</b> 1 pancake (254g)	Sat. Fat 2g	<b>8%</b>	Fiber 3g	<b>10%</b>	
	Trans fats 0g		Sugars 13g		
	<b>Cholesterol</b> 210mg	<b>70%</b>	Includes 0g added sugars	<b>0%</b>	
	<b>Sodium</b> 240mg	<b>10%</b>	<b>Protein</b> 18g		
<b>Calories</b> per serving <b>210</b>	Vitamin D 0mcg 0% · Calcium 40mg 4% · Iron 1mg 8% · Potassium 590mg 15% Thiamin 6% · Riboflavin 60% · Niacin 4%				

### Notes:

1. This recipe is likely to be most satisfying for people who are Blood Type B or O.
2. I believe this recipe is one of the Wheat Belly recipes.