

REGISTERED DIETITIAN KARLEIGH'S BERRY PROTEIN PANCAKE MUFFINS



Ingredients

- 1 cup protein pancake mix
- 1 cup water
- 1 egg
- 1/2 cup berries of choice
- 1/2 cup chopped pecans
- 1 Tablespoon chia seeds

Instructions

1. Preheat oven to 350 F. Spray muffin tin with non-stick spray and set aside.
2. Combine protein pancake mix, water and egg.
3. Add in berries, pecans and chia seeds. Mix until combined.
4. Pour batter into muffin tin. Pro tip: use an ice cream scoop to make them even!
5. Bake for 10-12 minutes.