

Tomm Voss's Oatmeal Egg-White Pancakes

Get rid of the cholesterol and keep the flavor with a flapjack recipe from bodybuilder, Tomm Voss.

Nutrition Score per serving: Serves: Makes one serving (two large pancakes)

Calories- 290 g Protein- 23 g Fat- 8 g Fiber- 5 g Carbs- 34

Ingredients

6 egg whites

2 whole eggs

1 cup quick oats

1 Tbsp. cinnamon

1/2 cup chopped fresh or dried fruit (strawberries, blueberries or raisins work well)

3 packets Splenda or other sweetener

Nonstick cooking spray

Directions

Combine all ingredients except cooking spray in a blender. Spray a medium nonstick skillet with cooking spray and heat to medium-high. When the pan is hot, pour in half the batter. Cook on one side until the edges look done and batter bubbles in the middle, approximately three minutes. Then flip pancake and cook until no longer runny inside. Cook remaining batter the same way. Eat hot or at room temperature. Store in refrigerator in large resealable plastic bags or plastic wrap.