



Don't know what to eat for breakfast to make sure you get all the protein and nutrients you need to start your day? Don't reach for a bagel , a muffin or toast. Instead follow Uncle Jimmies recipe below and enjoy. Yummies!

Uncles Jimmies Protein Packed Power Pancakes

- 1 cup whole wheat flour
- 1 package egg whites (larger size)
- 3 –4 eggs
- 2 cups Red River cereal
- 2 scoops protein powder(whey is the best)
- or to your taste
- 1/2 cup wheat germ
- 1 1/2 cups frozen berries
- 1/2 cup sunflower seeds
- 1 cup rolled oats
- enough milk to make into a pancake consistency

Mix well & store in container in fridge maximum 3 –4 days only
Cook in a hot pan with vegetable oil or butter until cooked through (usually a little bubbly). Serve with almond butter or real maple syrup. These are very heavy & filling so maybe only 1/2 of a 8" round pancake will last you .
You'll love the convenience of having it available for snacks.

Enjoy the recipe,

Love Uncles Jimmies (Jane's uber fit and healthy brother)