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## Level-1™ Pancakes

[1stphorm.com](http://1stphorm.com)

- 1/4 cup uncooked instant oatmeal
- 1 whole egg
- 2 egg whites
- 1 scoop Level-1™ Vanilla Ice Cream

1. Mix above ingredients in a bowl.
2. Use measuring cup to scoop out batter and place in hot skillet.
3. Brown on both sides, just like regular pancakes.
4. Once browned, remove from skillet and enjoy!

### Nutrition Information:

Calories: 324

Protein: 34 g

Carbohydrates: 27 g

Fat: 8 g

Fiber: 5 g

For added flavor try the Strawberry Milkshake or even Chocolate Chip Cookie Dough flavors of Level-1™!