

Healthy Breakfast Ideas

Makes 12 (6" pancakes)

1 cup organic spelt wholemeal flour
1/2 cup Shape Up protein powder
1 1/2 cups organic soy milk
3 eggs
1 tablespoon olive oil
1 tsp sugar
Pinch of salt

Mix dry ingredients together and make a well in the middle. Beat up egg, add soy milk and pour in wet ingredients. Mix together until there are no lumps.

Heat a 6 inch pan and pour in 1/4 cup of batter at a time. If you use a larger pan, pour in more batter.

Pancakes can be served with agave syrup, maple syrup, butter, peanut butter, or chopped fruits and yoghurt. Adjust what you use based on your preferences and avoid any food you may be allergic to.

Note: Spelt contains gluten. If you are gluten intolerant, replace it with buckwheat flour and add 1-2 teaspoons of guar gum or [xanthan gum](#).