

# Best Pre-contest Protein Pancakes

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mccormick-holiday-recipe-contest>

## Ingredients:

- 1 tablespoon psyllium husk
- 1 scoop vanilla protein powder met rx is the best!
- 1 whole egg
- 1/3 cup water or almond, soy, or regular milk – I used water

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 55 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 75 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Best Pre-contest Protein Pancakes above. You can see more 15+ mccormick holiday recipe contest Delight in these amazing recipes! to get more great cooking ideas.