A picture containing plate, dessert, vegetable

Description automatically generatedMakes 1 serving  
 Nutrition information: 395 calories, 14g fat, 41g carbs, 32g protein

**INGREDIENTS:**

* 1/3 cup rolled oats
* 1 scoop Cornerstone Wellness Vanilla Shake
* 2 tablespoons unsweetened shredded coconut
* 2 egg whites
* 1/4 cup unsweetened almond milk
* 1 1/2 tablespoons lemon juice
* Lemon zest, to taste
* Granulated stevia, to taste
* Calorie-free, sugar-free syrup, to taste (like Walden Farms)

**DIRECTIONS:**

1. Blend oats in a blender until flour forms.

2. Add remaining ingredients, (except for coconut, blueberries, and syrup) and blend until batter is smooth

3. Preheat a griddle to medium heat and spray with nonstick cooking spray.

4. Pour batter on preheated griddle, makes about 2 medium pancakes.

5. Allow to cook until edges are set, about 2-3 minutes, then flip and continue cooking another 1-2 minutes or until

golden brown.

6. Top pancakes with sugar-free syrup, and blueberries and Enjoy!   
  
  
*Notes: you can add blueberries into the mix and cook them as well!*