



Banana protein pikelet omelette

Delicious, quick, giving you a protein hit for breaking the fast. Serves 1. Per serve: Cal:357; Fat: 18g; Pro: 34g; Carbs: 11g

Serves: 1, Prep time: 00:03, Cook time: 00:10

Instructions

Use a blender or a food processor to whizz all of these ingredients together (except for the butter). Heat a fry pan to medium heat with a teaspoon of the butter and pour the batter in, evenly over bottom, leaving it 6 or so minutes until cooked underneath. Flip the pikelet omelette and cook on the other side for 4 or so minutes or until done.

Serve, smearing rest of the butter on top.

Ingredients

- 2 Eggs
- 25 grams Clean Lean Protein powder (vanilla), any flavour fine (1 oz)
- 0.5 Banana, yellow
- 2 teaspoon Butter, salted