

Cinnamon Toast Pancakes

2 cups Reduced Fat Bisquick®
1 egg
1 1/4 cups skim milk
2 scoops Cinnamon Toast Protein for Life®

Spray unheated griddle or skillet with cooking spray; then heat over medium-high heat or electric griddle to 375°. Surface is ready when a few drops of water dance and disappear.

Mix skim milk and Cinnamon Toast Protein for Life together until blended. Add remaining ingredients. Stir until blended.

Pour by 1/4 cupfuls onto hot griddle. Cook until bubbles break the surface. Turn and cook until golden. Makes 14 pancakes.

Nutrition information per serving: 86 calories, 5 grams protein, 2 grams fat, 13 grams carbohydrate, 237 mg sodium.