

PROTEIN-PACKED VANILLA & STRAWBERRY FLAPJACKS

Makes 8

INGREDIENTS

1 cup wholewheat flour
3 tsp baking powder
3 eggs
½ cup double-cream yoghurt
2 tbsp oil
⅓ cup USN BlueLab 100% Premium Whey Protein Vanilla
⅓ cup USN High Protein Muscle Fuel STS Strawberry
1-2 drops red food colouring, optional

Serving suggestion:

Whipped cream
Fresh strawberries, sliced
Icing sugar
Syrup

METHOD

1. Mix the wholewheat flour and baking powder in a medium mixing bowl and form a well in the centre.
2. Combine the eggs, double-cream yoghurt and oil and whisk this mixture into the dry ingredients until just combined and smooth using an electrical hand blender.
3. Divide the batter into two bowls. Sift the USN BlueLab 100% Premium Whey Protein Vanilla powder into one batch and whisk until just mixed.
4. Sift the USN High Protein Muscle Fuel STS Strawberry powder into the other batch and whisk until just mixed. Add a drop of red colouring to create a vibrant pink batter.
5. Heat an oiled pan over a medium heat. Spoon ¼ cup batter into the pan. Allow to cook until bubbles form on the surface, then flip and cook for about 3-4 minutes on the other side.
6. Repeat until both coloured batters are finished.
7. Cut a heart out of the centre of each flapjack using a small heart-shaped cookie cutter.
8. Place a strawberry flapjack heart in the centre of each vanilla flapjack and a vanilla flapjack heart in the centre of each strawberry flapjack.
9. Serve two flapjacks as a portion with a dollop of whipped cream, some sliced strawberries, a dusting of icing sugar and a generous drizzle of syrup.
10. Serve with some milky coffee and ENJOY with a loved one!