

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Lisa's Protein-Packed Pancakes

½ ripe banana, mashed
2 eggs
1 tbsp ground flax seed
1 tbsp coconut oil

Optional pancake toppers: berries, nuts, seeds, maple syrup, cinnamon, almond butter

In a blender add the mashed banana, eggs and flaxseed. Pulse until well incorporated. Heat coconut oil in a skillet over medium heat. Pour ¼ cup of pancake mixture into the pan. Cook 1 to 2 minutes or until bubbles begin to appear around the sides of the pancake. Flip the pancake and cook for an additional 2 minutes or until lightly browned. Continue until all pancake batter is used. Top with toppings of your choice. Makes 1 serving.



Recipe courtesy of Holistic Nutritionist, Lisa McMurtrie
www.wellbalancehealth.com

Episode #44: Starting The New Year A Little Healthier

Email Lynn with questions or comments at
lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!