



All Stars Protein Pancake 600g Tin



Whether for breakfast, at work, or on the go in the car, Protein Pancakes are the perfect companion for your fitness lifestyle.

CHF 27.90

- Pancakes with lots of protein
- high quality protein from Whey & milk protein
- Under 2g sugar
- Without fat
- with whole spelt flour
- easy preparation with water

Protein concentrates are low in fat and carbohydrates, so they can be used in any diet. Multi-component proteins are a combination of quickly available proteins (whey protein concentrate/isolate) and slowly usable protein (casein/milk protein). The high proportion of branched-chain amino acids (BCAAs) can have a muscle-protecting and regeneration-promoting effect. Multi-component proteins are particularly suitable as a meal replacement or for protein supply before going to bed. In addition, it saturates very well in the context of a weight-reduced diet.

Recommended use:

Mix 50g of baking mix with 50 to 75ml of cold water and whisk with a hand mixer or whisk until smooth. Heat a little oil in a non-stick frying pan. Then pour the batter into the pan. Bake the pancake on both sides over medium heat until golden brown.

Packaging unit: 600g tin

Content: 600g