



Healthy high protein pancakes

Description

Homemade protein pancakes! Made with super simple ingredients, no added sugar or sweetener, protein-packed, gluten-free, and SO GOOD! Light and fluffy and totally hit the spot for a pancake craving.

- Prep : 10 minutes
- Cook : 10 minutes
- Total Time : 20 minutes
- Serves : 1 (4-5 pancakes)

ingredients

- 1/2 cup rolled oats (50 grams)
- 1/4 cup vanilla protein powder (30 grams)* (see notes based on protein powder used)
- 1 tablespoon coconut flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- 1/2 small-medium ripe banana (50 grams)
- 1 large egg
- 1/4 cup milk * (see notes based on protein powder used)
- oil or butter for cooking
- *toppings: maple syrup, banana, berries, chocolate chips, nut butter!*

instructions

- **Make the oat flour.** Add rolled oats to your blender and blend for 10-15 seconds until it is broken down into a flour-like consistency.
- **Combine your dry ingredients.** Add oat flour, protein powder, coconut flour, baking powder, cinnamon, and salt in a small bowl and mix well to combine.
- **Mix your wet ingredients.** In a separate medium bowl, mash your bananas until smooth. Add

your egg, and milk and mix well to combine. Add your dry ingredients to your wet ingredients and mix until absorbed and lumps are gone. Try not to overmix. The batter should be pretty thick. Let the mixture sit for 5 minutes.

- **Cook.** Heat up a large nonstick skillet or griddle over low to medium heat. Once hot, add cooking fat and let it warm up. Using a 1/4 cup as a scoop, form into equal size pancakes. I get about 5 (you may need to cook in batches depending on how big your pan is). Cook for 3-4 minutes until small bubbles start to form on the outside. There won't be a lot of bubbles. Flip and cook for another 1-2 minutes until golden brown.
- **Enjoy!** Top with your favorite toppings and enjoy!

notes

This recipe works with either whey protein powder or plant-based protein powder. You will have to adjust the recipe ever so slightly, but both outcomes are delicious.

- **whey protein** use 1/4 cup protein powder (30 grams) and 1/4 cup milk. Using whey will give you a slightly dryer pancake. I used this whey protein.
- **plant-based protein** use 3 tablespoons protein powder (30 grams) and 1/3 cup + 1 tablespoon milk. This will be a little moister, but still fluffy! I used this plant-based protein.

Nutrition is based on using whey protein. If using plant-based the nutrition will be 532 calories with 34p/66c/15f. Both nutrition breakdowns do not include any oil for cooking. Nutrition will vary based on the protein powder used.

Category

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