food i can actuially eat :D

- Protein Powder Pancakes

Protein Powder Pancakes

Easy protein powder pancakes with 20 grams of protein made from just five ingredients and perfect for meal prep or a quick, delicious breakfast!

Prep Time5 minutes mins
Cook Time5 minutes mins
Total Time10 minutes mins

Course: Breakfast, Meal Prep
Cuisine: American
Keyword: protein powder pancakes

Servings: 2 servings
Calories: 269kcal
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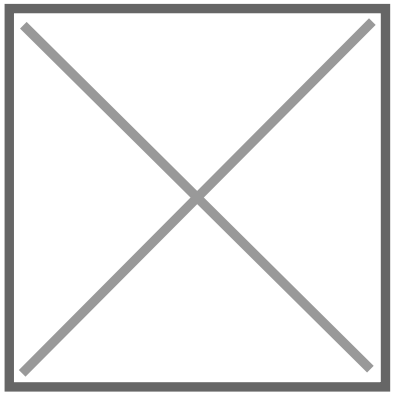
Ingredients

- 1/2 cup vanilla protein powder
- 1/2 cup oat flour
- 1 egg
- 2 tsps baking powder
- 1/4-3/4 cup vanilla unsweetened almond milk *

Instructions

1. Whisk protein powder, oat flour, egg, baking powder, and 1/4 cup almond milk in a medium-size bowl. Add almond milk two tablespoons at a time until you have a smooth, slightly running pancake batter.



1.
2. Heat a skillet or pancake griddle to medium and add cooking spray to the pan. Make pancakes by adding 1/4 cup of the batter per pancake to the skillet, leaving room between them so that the pancakes don't touch each other when they spread out. Cook for 1-3 minutes before flipping the pancake over. Pancakes are ready to flip as soon as you can slide the spatula underneath. They will not bubble.
3. Serve with berries, syrup, nut butter, or whatever you like!

Video

Notes

*Liquid will vary depending on brands of protein powder used, see instructions in the post and in this recipe card for more.
* Nutrition facts are without toppings.