

Protein Pancakes

Fluffy protein pancakes packed with 11g protein per serving. Easy breakfast recipe with simple ingredients - perfect for fitness goals!

10 min

PREP

10 min

COOK

20 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup gluten free flour
- 1 cup milk
- 1 egg
- 2 tbsp butter
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp salt

Instructions

- 1 Prepare the batter**

Whisk together 1 cup protein powder, 1 cup flour, 1 teaspoon baking powder, and 1 teaspoon salt in a large bowl until well combined.
- 2** Beat 1 egg, 2 tablespoons milk, and 1 teaspoon vanilla extract in a separate bowl until smooth and well blended.
- 3** Pour the wet ingredients into the dry ingredients and stir gently just until barely combined, leaving some small lumps - do not overmix or the pancakes will be tough.
- 4 Heat the pan**

Heat a non-stick skillet or griddle over medium heat (175-190°C/350-375°F) for 2-3 minutes until a drop of water sizzles and evaporates immediately when dropped on the surface.
- 5 Cook the pancakes**

Lightly spray the pan with cooking oil and pour 1/4 cup of batter for each pancake, spacing them about 2

inches apart.

- 6 Cook for 2-3 minutes until small bubbles form on the surface and the edges look set and slightly dry.
- 7 Flip each pancake with a thin spatula and cook for another 1-2 minutes until the bottom is golden brown and the pancake springs back lightly when touched.
- 8 Transfer the finished pancakes to a serving plate and repeat with the remaining batter, re-spraying the pan as needed between batches.
- 9 Serve immediately while hot for the best texture and flavor.

Tips

Use room temperature ingredients for smoother mixing and more even cooking throughout the pancakes.

Don't overmix the batter - lumps are better than tough, rubbery pancakes from overworked protein powder.

Test your pan temperature by sprinkling a few drops of water on the surface - they should sizzle and evaporate immediately.

Use a 1/4 cup measuring cup to portion batter for consistently sized pancakes that cook evenly.

Let the first side cook undisturbed until bubbles form and edges look set before flipping with a thin spatula.

Keep finished pancakes warm in a 200°F oven on a wire rack while cooking the remaining batches.

Choose unflavored protein powder for maximum versatility, or match flavored powder to your desired pancake taste.

Add a pinch of salt to enhance all the flavors and balance the sweetness of any toppings you'll use.