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High Protein Pancakes ♦♦

High protein pancakes are a nutritious and delicious breakfast option. These pancakes are made with protein-rich ingredients and are perfect for those looking to increase their protein intake. They are fluffy, filling, and packed with flavor. Whether you're following a vegan or vegetarian diet or simply looking for a high-protein breakfast option, these pancakes are sure to satisfy your cravings.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

100 g	Oats
100 g	Banana
30 g	plant-based protein powder
200 ml	almond milk

2 tbsp	maple syrup
1 tsp	vanilla extract
1 tsp	baking powder
1 tsp	salt
2 tsp	coconut oil

Directions

Step 1

Blending

In a blender, combine oats, banana, plant-based protein powder, almond milk, maple syrup, vanilla extract, baking powder, and salt. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Heating

Heat a non-stick pan over medium heat and add coconut oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Cooking

Pour a small amount of batter onto the pan to form a pancake. Cook until bubbles form on the surface, then flip and cook for another minute.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cooking

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve the pancakes warm with your favorite toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 3 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Nutritional Content

High Protein

Low Calorie

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Difficulty Level

Medium

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