



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Greek Yogurt Pancakes and Berry Sauce

Greek Yogurt Pancakes are a delicious and healthy breakfast option. They are made with Greek yogurt, which adds protein and creaminess to the pancakes. The pancakes are topped with a homemade berry sauce, made with fresh berries and a touch of sweetness. This recipe is perfect for a leisurely weekend brunch or a quick weekday breakfast.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

<b>200 g</b>	Greek yogurt
<b>150 g</b>	All-Purpose Flour
<b>2 tsp</b>	baking powder

<b>1 tsp</b>	salt
<b>1 units</b>	Egg
<b>200 ml</b>	milk
<b>1 tsp</b>	vanilla extract
<b>200 g</b>	berries (strawberries, blueberries, raspberries)
<b>2 tbsp</b>	sugar
<b>1 tsp</b>	lemon juice

## Directions

---

### Step 1

#### Mixing

In a large bowl, whisk together the Greek yogurt, flour, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Mixing

In a separate bowl, beat the egg. Add the milk and vanilla extract to the beaten egg and mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

#### Mixing

Pour the wet ingredients into the dry ingredients and mix until just combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 4

#### Grilling

Heat a non-stick skillet or griddle over medium heat. Spoon 1/4 cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook for another 1-2 minutes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 5

#### Boiling

In a small saucepan, combine the berries, sugar, and lemon juice. Cook over medium heat until the berries release their juices and the sauce thickens slightly, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

### Step 6

## Plating

Serve the pancakes topped with the berry sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 2 g

**Protein:** 7 g

**Carbohydrates:** 26 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

### Course

Breads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)