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Pumpkin Protein Pancakes ♦

Pumpkin protein pancakes are a delicious and nutritious breakfast option. They are made with pumpkin puree, protein powder, and other wholesome ingredients. These pancakes are fluffy, flavorful, and packed with protein to keep you energized throughout the day. They are perfect for a cozy fall morning or any time you need a healthy and satisfying breakfast.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Pumpkin Puree
50 g	protein powder
2	Eggs
50 g	almond flour

1 tsp	baking powder
1 tsp	cinnamon
1 tsp	vanilla extract
1 tsp	salt
10 tsp	coconut oil

Directions

Step 1

Mixing

In a mixing bowl, combine pumpkin puree, protein powder, eggs, almond flour, baking powder, cinnamon, vanilla extract, and salt. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Heating

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Cooking

Pour 1/4 cup of the pancake batter onto the skillet and spread it into a round shape.

Prep Time: 0 mins

Cook Time: 3 mins

Step 4

Cooking

Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for another 2-3 minutes until golden brown.

Prep Time: 0 mins

Cook Time: 6 mins

Step 5

Cooking

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 12 mins

Step 6

Serving

Serve the pancakes warm with your favorite toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 15 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Course

Salads

Desserts

Drinks

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Difficulty Level

Medium

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