



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Protein Oatmeal Pancakes ·•

Protein oatmeal pancakes are a nutritious and delicious breakfast option. They are made with oats, protein powder, and other wholesome ingredients. These pancakes are a great way to start your day and provide you with the energy you need.

Recipe Type: Standard

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
50 g	protein powder
2 pieces	Egg
200 ml	Milk
100 g	Banana

20 g	Honey
5 g	baking powder
2 g	salt

Directions

Step 1

Blender

In a blender, combine oats, protein powder, egg, milk, banana, honey, baking powder, and salt. Blend until smooth.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Heat a non-stick pan over medium heat. Pour 1/4 cup of the batter onto the pan and spread it into a circle. Cook for 2-3 minutes, or until bubbles form on the surface. Flip the pancake and cook for another 2-3 minutes, or until golden brown. Repeat with the remaining batter.

Prep Time: 5 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 220 kcal

Fat: 3 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	8 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	6 mcg	40%	40%

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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Blender

Course

Snacks

Salads

Desserts

Drinks

Breads

Events

Picnic

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Dinner

Difficulty Level

Medium

Visit our website: healthdor.com