

Protein Pancakes



4.86 from 75 votes

A gluten free, high protein pancake recipe made from oat flour and a blend of whey and casein protein.

Prep Time 5 mins	Cook Time 5 mins	Total Time 10 mins
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Course: Breakfast, Dessert, Snack Cuisine: American

Keyword: 30 minutes or less, Dessert, gluten free, under 10 ingredients, under 500 calories

Servings: 4 Pancakes Calories: 266kcal

Ingredients

- ¾ scoop vanilla whey/casein blend 50/50 blend. I mix 12.5g of whey and 12.5g of casein together
- ¼ cup oat flour
- 1 ⅓ tbsp tapioca flour or cornstarch
- ¼ tsp baking powder
- ¼ cup liquid egg whites
- ⅓ cup plain nonfat Greek yogurt
- 1-2 tbsp water

Instructions

1. Mix all the dry ingredients together so no clumps are present. NOTE: I have tested this with only whey protein and it doesn't turn out as well. Only casein will work but you may need more water in the batter. The 50/50 blend is best.
2. Add in the wet ingredients and mix thoroughly.
3. Heat a griddle/skillet on medium heat and spray with oil. Add the batter and cook for a couple minutes, then flip.

Nutrition

Calories: 266kcal | Carbohydrates: 26.7g | Protein: 35.4g | Fat: 1.9g