

# Vegan Protein Pancakes

Web Recipe · Breakfast

350 cal · 25g protein · 42g carbs · 8g fat · 4 servings

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## Ingredients

- 1.5 cups oat flour or blended rolled oats
  - 2 scoops vanilla vegan protein powder
  - 2 tbsp ground flaxseed
  - 1 tbsp baking powder
  - 1/4 tsp salt
  - 1 cup unsweetened soy milk
  - 1/2 cup water
  - 2 tbsp maple syrup
  - 1 tsp vanilla extract
  - 1 tbsp coconut oil for cooking
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## Instructions

1. In a large bowl, whisk together oat flour, protein powder, ground flaxseed, baking powder, and salt.
  2. In a separate bowl, mix soy milk, water, maple syrup, and vanilla extract.
  3. Pour wet ingredients into dry and stir until just combined. Don't overmix — small lumps are fine.
  4. Heat coconut oil in a non-stick pan or griddle over medium heat.
  5. Pour about 1/4 cup batter per pancake. Cook until bubbles form on the surface, about 2-3 minutes.
  6. Flip and cook another 1-2 minutes until golden brown.
  7. Serve with fresh berries, nut butter, or additional maple syrup.
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