

# Basic Protein Pancakes - Soy Free Gluten Free

This is my original protein pancake recipe. Using oat flour and (THIS IS KEY:) brown rice protein powder make the consistency some of the best I've found.



PREP TIME

5 mins

COOK TIME

5 mins

TOTAL TIME

10 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

240 kcal

## INGREDIENTS

- 1 scoop Sun Warrior Raw Vanilla Protein Powder
- 1/4 c oat flour
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- 1-2 packet/drops Stevia to taste
- 1/2 c water

## INSTRUCTIONS

1. In a medium bowl, mix protein powder, oat flour and baking powder until well incorporated.
2. Add in stevia, vanilla, and water. Stir until mixed, some small lumps are ok.
3. Heat a skillet or frying pan over medium heat and allow to get hot before spraying with non-stick cooking spray.
4. Pour the batter on the skillet to desired pancake size.
5. Allow to cook until the edges are dry and the top is covered with bubbles.
6. Flip pancakes.

7. Allow to cook for another tow minutes before removing from heat.

8. Top with fruit compote if your macros allow!

## NUTRITION

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### Nutrition Facts

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**Amount Per Serving**

|                      |       |                       |    |
|----------------------|-------|-----------------------|----|
| <b>Calories</b>      | 240   | Calories from Fat     | 27 |
| <hr/>                |       |                       |    |
|                      |       | <b>% Daily Value*</b> |    |
| <b>Fat</b>           | 3g    | 5%                    |    |
| <b>Sodium</b>        | 55mg  | 2%                    |    |
| <b>Carbohydrates</b> | 30g   | 10%                   |    |
| Fiber                | 6g    | 25%                   |    |
| Sugar                | 1g    | 1%                    |    |
| <b>Protein</b>       | 22g   | 44%                   |    |
| <hr/>                |       |                       |    |
| <b>Calcium</b>       | 20mg  | 2%                    |    |
| <b>Iron</b>          | 1.1mg | 6%                    |    |

\* Percent Daily Values are based on a 2000 calorie diet.

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**Tried this recipe?**

Let us know how it was!