

Lazy Girl Protein Pancakes

This is so quick and easy and makes perfect fluffy pancakes with a ton of protein.



PREP TIME

5 mins

COOK TIME

5 mins

TOTAL TIME

10 mins



COURSE

Breakfast



SERVINGS

1 serving

CALORIES

251 kcal

INGREDIENTS

- 1/3 c Bisquick (or oat flour)
- 1/4 c vital wheat gluten
- 1 tsp baking powder
- 1 tsp vanilla extract
- 2 packets/drops Stevia
- 2/3 c water

INSTRUCTIONS

1. In a medium bowl, mix BisQuick, vital wheat gluten and baking powder until well incorporated.
2. Add water, vanilla and stevia. Mix until just mixed. DO NOT OVER MIX!
3. Heat a skillet or frying pan over medium heat. Allow it to get hot before spraying with non-stick cooking spray.
4. Pour batter on pan in desired pancake size.
5. Allow edges to get dry and bubbles to form all over before flipping and cooking for an additional 2 min.

6. Remove from heat and top with melted fruit if macros allow!

NUTRITION

Nutrition Facts

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Amount Per Serving

Calories 251	Calories from Fat 27
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	% Daily Value*
Fat 3g	5%
Saturated Fat 0.1g	1%
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Sodium 352mg	15%
Potassium 75mg	2%
Carbohydrates 31g	10%
Fiber 1g	4%
Sugar 3g	3%
Protein 26g	52%
Calcium 240mg	24%
Iron 2.9mg	16%

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

 Tried this recipe?

Let us know how it was!
