

# Vegan Protein Pancakes

Web Recipe · Breakfast

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

---

## 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

---

## 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.

---

Generated by Meal Planner · Per serving macros