

Gingerbread Protein Pancakes



TOTAL TIME

20 mins



COURSE

Breakfast, Snack



SERVINGS

7 serving

CALORIES

434 kcal

INGREDIENTS

FOR PANCAKES

- 2 1/3 c oat flour
- 1 3/4 c vital wheat gluten for gluten-free, sub gluten free protein powder
- 3 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp vanilla extract
- 1 1/2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 2 Tbsp molasses
- 4.5 c unsweetened soy milk for soy-free, sub soy-free plant milk

FOR PEARS

- 4 medium pears cored and sliced
- 1 tbsp Earth Balance
- 2 tbsp brown sugar

- 1 tsp ground cinnamon
- ½ tsp ground ginger
- 1 tsp vanilla extract

INSTRUCTIONS

1. In a large bowl, whisk together the oat flour, vital wheat gluten, baking powder, baking soda, ginger, cinnamon, nutmeg, & cloves.
2. In another bowl, mix the soy milk, molasses, and vanilla extract.
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Avoid overmixing; a few lumps are okay.
4. Let the batter rest for 5–10 minutes while you prepare the pears.
5. Heat a large skillet over medium heat and melt the vegan butter.
6. Add the pear slices and cook for 2–3 minutes, stirring occasionally.
7. Sprinkle the brown sugar, cinnamon, ginger, and vanilla extract over the pears. Stir to coat evenly.
8. Continue cooking for 5–7 minutes, or until the pears are tender and caramelized. Remove from heat and set aside.
9. Heat a non-stick skillet or griddle over medium heat and lightly grease it with oil or vegan butter.
10. Pour ¼ cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface and the edges look set (about 2–3 minutes).
11. Flip the pancakes and cook for another 2–3 minutes, or until golden brown. Repeat with the remaining batter.

NUTRITION

Nutrition Facts

Gingerbread Protein Pancakes

Amount Per Serving (1 serving)

Calories	434	Calories from Fat	81
% Daily Value*			
Fat	9g	14%	
Carbohydrates	60g	20%	
Protein	33g	66%	

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!