# Meal Prepped Protein Pancakes

## Zutaten

Für 35 Portionen ca. 77 Calories kcal

### Hauptzutaten

* vanilla whey protein
* vanilla casein protein
* oat flour
* cornstarch or tapioca flour
* baking powder
* baking soda
* liquid egg whites or whole eggs
* plain nonfat Greek yogurt
* water

### Gewürze

### Weiteres

## Zubereitung

Gesamtzeit ca. 15 Minutes Minuten

### Vorbereitung

* Mix all the dry ingredients together so no clumps are present.
* Add in the wet ingredients and mix thoroughly.
* Let the batter sit for 10-15 minutes to thicken up a bit for fluffier pancakes.
* Heat your griddle or skillet over medium heat and spray with oil.
* Add the batter and cook for a 2-3 minutes each side or until browned and set.
* Continue working your way through the batter until all of it has been used up and your pancakes are cooked.
* Once all of your pancakes have cooked and cooled to room temperature, align them on your sheet pan and place them into the freezer uncovered until they have frozen solid.

### Zubereitung

### Anrichten

* Reheating: You can reheat these pancake in the microwave or even the toaster.