



WEEKEND BRUNCH

A collection of our most indulgent and impressive breakfast recipes, perfect for a leisurely weekend brunch.

5 Macro-Verified Recipes

ProteinPancakes | proteinpancakes.co

WHAT'S INSIDE

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- 1. Lemon Ricotta Protein Crepes 20g protein
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Combined Shopping List

Pro Tips

Lemon Ricotta Protein Crepes

20g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 6 crepes

Difficulty: Medium

230

CALORIES

20g

PROTEIN

15g

CARBS

12g

FAT

INGREDIENTS

60g all-purpose flour

30g vanilla whey protein powder

2 large eggs

240ml milk

1 tbsp melted butter

240g ricotta cheese

30g powdered sweetener

1 lemon, zested and juiced

INSTRUCTIONS

- 1 In a blender, combine flour, protein powder, eggs, milk, and melted butter. Blend until smooth. Let the batter rest for 10 minutes.
- 2 Heat a non-stick skillet over medium heat. Pour a thin layer of batter and swirl to coat the bottom of the pan. Cook for 1-2 minutes per side, until lightly golden.
- 3 In a bowl, mix together the ricotta cheese, powdered sweetener, lemon zest, and lemon juice until well combined.
- 4 Spread a few tablespoons of the ricotta filling onto each crepe and fold into quarters.
- 5 Serve immediately, garnished with extra lemon zest and a dusting of powdered sweetener.

Cinnamon Roll Protein Waffles

26g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 4 waffles

Difficulty: Easy

280

CALORIES

26g

PROTEIN

25g

CARBS

12g

FAT

INGREDIENTS

60g oat flour

30g vanilla whey protein powder

1 egg

120ml unsweetened almond milk

1 tsp baking powder

1 tsp cinnamon

For the swirl: 1 tbsp melted butter, 1 tbsp brown sugar substitute, 1/2 tsp cinnamon

For the glaze: 60g cream cheese, 30ml milk, 1 tbsp powdered sweetener

INSTRUCTIONS

- 1 Preheat your waffle iron. In a bowl, mix together oat flour, protein powder, egg, almond milk, baking powder, and cinnamon until just combined.
- 2 In a small bowl, mix together the melted butter, brown sugar substitute, and cinnamon for the swirl.
- 3 Pour batter into the preheated waffle iron. Drizzle the cinnamon swirl mixture over the batter. Cook according to waffle iron instructions.
- 4 While the waffles are cooking, whisk together the cream cheese, milk, and powdered sweetener until smooth.
- 5 Once the waffles are cooked, drizzle with the cream cheese glaze and serve immediately.

Red Velvet Protein Pancakes

24g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 4 pancakes

Difficulty: Easy

250

CALORIES

24g

PROTEIN

20g

CARBS

10g

FAT

INGREDIENTS

30g vanilla or chocolate whey protein

30g all-purpose flour

1 tbsp cocoa powder

1 egg

120ml buttermilk

1 tsp baking powder

1/2 tsp white vinegar

Red food coloring

60g cream cheese, softened

30ml milk

1 tbsp powdered sweetener

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, flour, cocoa powder, and baking powder. In a separate bowl, whisk the egg, buttermilk, and vinegar. Add wet to dry and mix until just combined. Stir in a few drops of red food coloring.
- 2 Heat a lightly oiled griddle over medium heat. Pour 1/4 cup of batter per pancake and cook for 2-3 minutes per side.
- 3 While pancakes cook, beat the cream cheese, milk, and powdered sweetener together until smooth and creamy.
- 4 Stack the pancakes on a plate.
- 5 Drizzle generously with the cream cheese glaze before serving.

Belgian Protein Waffles

25g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 4 waffles

Difficulty: Easy

270

CALORIES

25g

PROTEIN

20g

CARBS

12g

FAT

INGREDIENTS

60g all-purpose flour

30g vanilla whey protein powder

2 eggs, separated

180ml milk

2 tbsp melted butter

1 tsp baking powder

Pinch of salt

INSTRUCTIONS

- 1 Preheat your Belgian waffle iron.
- 2 In a large bowl, whisk together flour, protein powder, baking powder, and salt. In a separate bowl, whisk the egg yolks, milk, and melted butter. Pour the wet into the dry and mix until just combined.
- 3 In another bowl, beat the egg whites until stiff peaks form.
- 4 Gently fold the beaten egg whites into the batter. Pour the batter into the preheated waffle iron and cook until golden brown and crisp.
- 5 Serve immediately with fresh fruit, whipped cream, or syrup.

German Chocolate Protein Pancakes

28g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 4 pancakes

Difficulty: Medium

350

CALORIES

28g

PROTEIN

28g

CARBS

18g

FAT

INGREDIENTS

30g chocolate whey protein powder

30g oat flour

1 tbsp cocoa powder

1 egg

120ml almond milk

1 tsp baking powder

For the topping: 30g chopped pecans, 30g shredded coconut, 30ml maple syrup, 30ml coconut milk

INSTRUCTIONS

- 1 In a bowl, mix together protein powder, oat flour, cocoa powder, egg, almond milk, and baking powder.
- 2 Heat a non-stick skillet over medium heat. Pour 1/4 cup of batter per pancake and cook for 2-3 minutes per side.
- 3 While the pancakes are cooking, combine the pecans, coconut, maple syrup, and coconut milk in a small saucepan. Cook over low heat until warmed through.
- 4 Top the pancakes with the warm coconut-pecan topping.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 60g all-purpose flour
- 30g vanilla whey protein powder
- 30g powdered sweetener
- 60g oat flour
- 1 tsp baking powder
- For the glaze: 60g cream cheese, 30ml milk, 1 tbsp powdered sweetener
- 30g vanilla or chocolate whey protein
- 30g all-purpose flour
- 1 tbsp cocoa powder
- 1 tbsp powdered sweetener
- 30g chocolate whey protein powder
- 30g oat flour

DAIRY & EGGS

- 2 large eggs
- 240ml milk
- 1 tbsp melted butter
- 240g ricotta cheese
- 1 egg
- 120ml unsweetened almond milk
- For the swirl: 1 tbsp melted butter, 1 tbsp brown sugar substitute, 1/2 tsp cinnamon
- 120ml buttermilk
- 60g cream cheese, softened
- 30ml milk
- 2 eggs, separated

- 180ml milk
- 2 tbsp melted butter
- 120ml almond milk
- For the topping: 30g chopped pecans, 30g shredded coconut, 30ml maple syrup, 30ml coconut milk

PRODUCE

- 1 lemon, zested and juiced

OTHER

- 1 tsp cinnamon
- 1/2 tsp white vinegar
- Red food coloring
- Pinch of salt

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinpancakes.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified pancakes recipes, interactive ingredient substitutions, and more free recipe packs.

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