



QUICK & EASY

Short on time? These simple and speedy recipes will have you enjoying a high-protein breakfast in 15 minutes or less.

4 Macro-Verified Recipes

ProteinPancakes | proteinpancakes.co

WHAT'S INSIDE

1. Classic Whey Protein Pancakes

25g protein

2. Chocolate Casein Pancakes

22g protein

3. Banana Bread Protein Pancakes

20g protein

4. Chocolate Chip Protein Pancakes

25g protein

Combined Shopping List

Pro Tips

Classic Whey Protein Pancakes

25g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

180

CALORIES

25g

PROTEIN

15g

CARBS

5g

FAT

INGREDIENTS

30g vanilla whey protein powder

30g oat flour

1 large egg

120ml unsweetened almond milk

1 tsp baking powder

1/2 tsp cinnamon

1 tsp vanilla extract

INSTRUCTIONS

- 1 In a medium bowl, whisk together the whey protein powder, oat flour, baking powder, and cinnamon.
- 2 In a separate small bowl, whisk the egg, almond milk, and vanilla extract.
- 3 Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix.
- 4 Heat a lightly oiled griddle or non-stick skillet over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake.
- 5 Cook for 2-3 minutes per side, or until golden brown. Serve immediately with your favorite toppings.

Chocolate Casein Pancakes

22g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

200

CALORIES

22g

PROTEIN

18g

CARBS

7g

FAT

INGREDIENTS

30g chocolate casein protein powder

30g whole wheat flour

1 tbsp unsweetened cocoa powder

1 large egg

120ml milk of choice

1 tsp baking powder

1 tbsp sweetener of choice

INSTRUCTIONS

- 1 In a mixing bowl, combine the casein protein powder, whole wheat flour, cocoa powder, baking powder, and sweetener.
- 2 In a separate bowl, whisk together the egg and milk.
- 3 Add the wet ingredients to the dry ingredients and stir until a smooth batter forms.
- 4 Heat a non-stick skillet over medium heat and lightly grease it. Pour about 1/4 cup of batter per pancake and cook for 2-3 minutes per side.
- 5 Serve warm with fresh berries, yogurt, or a drizzle of maple syrup.

Banana Bread Protein Pancakes

20g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

210

CALORIES

20g

PROTEIN

25g

CARBS

5g

FAT

INGREDIENTS

30g vanilla whey protein powder

30g oat flour

1/2 ripe banana, mashed

1 large egg

60ml unsweetened almond milk

1/2 tsp baking powder

1/2 tsp cinnamon

Pinch of nutmeg

INSTRUCTIONS

- 1 In a medium bowl, combine the whey protein powder, oat flour, baking powder, cinnamon, and nutmeg.
- 2 In a separate bowl, whisk together the mashed banana, egg, and almond milk.
- 3 Pour the wet ingredients into the dry ingredients and stir until just combined.
- 4 Heat a non-stick skillet over medium heat. Pour 1/4 cup of batter per pancake and cook for 2-3 minutes per side.
- 5 Serve warm with sliced bananas, a drizzle of honey, and chopped walnuts.

Chocolate Chip Protein Pancakes

25g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

260

CALORIES

25g

PROTEIN

22g

CARBS

10g

FAT

INGREDIENTS

30g vanilla whey protein powder

30g oat flour

1 large egg

120ml milk of choice

1 tsp baking powder

30g dark chocolate chips

INSTRUCTIONS

- 1 In a bowl, whisk together the protein powder, oat flour, egg, milk, and baking powder until a smooth batter forms.
- 2 Gently fold in the dark chocolate chips.
- 3 Heat a non-stick skillet or griddle over medium heat and lightly grease it.
- 4 Pour about 1/4 cup of batter per pancake and cook for 2-3 minutes per side, until golden brown and cooked through.
- 5 Serve warm with your favorite toppings, like fresh fruit or a drizzle of sugar-free syrup.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 30g vanilla whey protein powder
- ☐ 30g oat flour
- ☐ 1 tsp baking powder
- ☐ 30g chocolate casein protein powder
- ☐ 30g whole wheat flour
- ☐ 1 tbsp unsweetened cocoa powder
- ☐ 1/2 tsp baking powder

DAIRY & EGGS

- ☐ 1 large egg
- ☐ 120ml unsweetened almond milk
- ☐ 120ml milk of choice
- ☐ 60ml unsweetened almond milk

PRODUCE

- ☐ 1/2 ripe banana, mashed

SWEETENERS & FLAVORINGS

- ☐ 1 tsp vanilla extract
- ☐ 30g dark chocolate chips

OTHER

- ☐ 1/2 tsp cinnamon
- ☐ 1 tbsp sweetener of choice
- ☐ Pinch of nutmeg

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.

proteinpancakes.co