



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

4 Macro-Verified Recipes

ProteinPancakes | proteinpancakes.co

WHAT'S INSIDE

1. Gluten-Free Buckwheat Protein Pancakes

22g protein

2. Dairy-Free Banana Oat Protein Pancakes

18g protein

3. Gluten-Free Buckwheat Protein Pancakes

22g protein

4. Dairy-Free Banana Oat Protein Pancakes

18g protein

Combined Shopping List

Pro Tips

Gluten-Free Buckwheat Protein Pancakes

22g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

195

CALORIES

22g

PROTEIN

20g

CARBS

6g

FAT

INGREDIENTS

60g buckwheat flour

30g vanilla whey protein powder

1 large egg

120ml unsweetened almond milk

1 tsp baking powder (gluten-free)

1 tbsp maple syrup

1/2 tsp vanilla extract

Pinch of salt

INSTRUCTIONS

- 1** In a medium bowl, whisk together the buckwheat flour, protein powder, baking powder, and salt.
- 2** In a separate bowl, whisk the egg, almond milk, maple syrup, and vanilla extract.
- 3** Pour the wet ingredients into the dry and stir until just combined. Don't overmix.
- 4** Heat a non-stick skillet over medium heat. Pour 1/4 cup batter per pancake and cook for 2-3 minutes per side until golden.
- 5** Serve warm with fresh berries, a drizzle of maple syrup, and a dollop of Greek yogurt.

Dairy-Free Banana Oat Protein Pancakes

18g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

185

CALORIES

18g

PROTEIN

24g

CARBS

5g

FAT

INGREDIENTS

1 ripe banana

50g rolled oats

30g vanilla plant-based protein powder

120ml oat milk

1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)

1 tsp baking powder

1/2 tsp cinnamon

1/2 tsp vanilla extract

INSTRUCTIONS

- 1** Mix ground flaxseed with water and let sit for 5 minutes until gel-like.
- 2** Add banana, oats, protein powder, oat milk, flax egg, baking powder, cinnamon, and vanilla to a blender. Blend until smooth.
- 3** Let the batter rest for 5 minutes to thicken slightly.
- 4** Heat a non-stick skillet over medium heat. Pour 1/4 cup batter per pancake. Cook 2-3 minutes per side until golden.
- 5** Top with fresh fruit, nut butter, and a drizzle of maple syrup.

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COMBINED SHOPPING LIST

DRY INGREDIENTS

- 60g buckwheat flour
- 30g vanilla whey protein powder
- 1 tsp baking powder (gluten-free)
- 50g rolled oats
- 30g vanilla plant-based protein powder
- 120ml oat milk
- 1 tsp baking powder

DAIRY & EGGS

- 1 large egg
- 120ml unsweetened almond milk
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)

PRODUCE

- 1 ripe banana

SWEETENERS & FLAVORINGS

- 1 tbsp maple syrup
- 1/2 tsp vanilla extract

OTHER

- Pinch of salt
- 1/2 tsp cinnamon

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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