



HIGH-PROTEIN STACK

Maximize your protein intake with this collection of our highest-protein pancake and waffle recipes.

5 Macro-Verified Recipes

ProteinPancakes | proteinpancakes.co

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Combined Shopping List
Pro Tips

Savory Herb and Cheese Pancakes

28g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 3 pancakes

Difficulty: Easy

220

CALORIES

28g

PROTEIN

10g

CARBS

12g

FAT

INGREDIENTS

40g unflavored whey protein powder

2 large eggs

30g almond flour

60ml water or milk

30g shredded cheddar cheese

1 tbsp chopped fresh chives

1/2 tsp garlic powder

Salt and pepper to taste

INSTRUCTIONS

- 1 In a bowl, whisk together the unflavored whey protein powder, eggs, almond flour, water, garlic powder, salt, and pepper until smooth.
- 2 Stir in the shredded cheddar cheese and chopped chives.
- 3 Heat a lightly oiled skillet over medium heat. Pour about 1/3 of the batter to form a pancake.
- 4 Cook for 2-3 minutes per side, until golden brown and the cheese is melted.
- 5 Serve warm on their own or with a side of sour cream or Greek yogurt.

Double Chocolate Protein Waffles

28g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 4 waffles

Difficulty: Easy

300

CALORIES

28g

PROTEIN

25g

CARBS

14g

FAT

INGREDIENTS

30g chocolate protein powder (whey or casein)

30g whole wheat flour

2 tbsp unsweetened cocoa powder

1 egg

120ml milk

1 tsp baking powder

30g dark chocolate chips

INSTRUCTIONS

- 1 Preheat your waffle iron to a medium-high setting.
- 2 In a bowl, whisk together the protein powder, flour, cocoa powder, egg, milk, and baking powder until smooth.
- 3 Fold in the dark chocolate chips.
- 4 Pour the batter into the preheated waffle iron and cook until golden and crisp.
- 5 Serve warm with a sprinkle of extra chocolate chips and a drizzle of chocolate syrup.

Peanut Butter Cup Protein Pancakes

28g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 4 pancakes

Difficulty: Easy

320

CALORIES

28g

PROTEIN

25g

CARBS

16g

FAT

INGREDIENTS

30g chocolate whey protein powder

30g oat flour

1 tbsp cocoa powder

1 egg

120ml almond milk

1 tsp baking powder

30g peanut butter

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.
- 3 Once bubbles start to form on the surface of the pancake, add a spoonful of peanut butter to the center of each pancake.
- 4 Flip the pancakes and cook for another 1-2 minutes, until the peanut butter is warm and melted.
- 5 Serve immediately with a drizzle of melted peanut butter and chocolate chips.

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.

Churro Protein Waffles

25g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 4 waffles

Difficulty: Easy

300

CALORIES

25g

PROTEIN

30g

CARBS

12g

FAT

INGREDIENTS

60g oat flour

30g vanilla whey protein powder

1 egg

120ml almond milk

1 tsp baking powder

For the coating: 2 tbsp melted
butter, 2 tbsp sugar substitute, 1 tsp
cinnamon

INSTRUCTIONS

- 1 Preheat your waffle iron.
- 2 In a bowl, mix together oat flour, protein powder, egg, almond milk, and baking powder.
- 3 Pour batter into the preheated waffle iron and cook until golden and crisp.
- 4 While the waffles are still warm, brush them with melted butter and sprinkle with a mixture of sugar substitute and cinnamon.
- 5 Serve immediately with a side of chocolate dipping sauce or caramel.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 40g unflavored whey protein powder
- ☐ 30g almond flour
- ☐ 1/2 tsp garlic powder
- ☐ 30g chocolate protein powder (whey or casein)
- ☐ 30g whole wheat flour
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 1 tsp baking powder
- ☐ 30g chocolate whey protein powder
- ☐ 30g oat flour
- ☐ 1 tbsp cocoa powder
- ☐ 60g oat flour
- ☐ 30g vanilla whey protein powder
- ☐ For the coating: 2 tbsp melted butter, 2 tbsp sugar substitute, 1 tsp cinnamon

DAIRY & EGGS

- ☐ 2 large eggs
- ☐ 60ml water or milk
- ☐ 30g shredded cheddar cheese
- ☐ 1 egg
- ☐ 120ml milk
- ☐ 120ml almond milk
- ☐ 30g peanut butter
- ☐ For the topping: 30g chopped pecans, 30g shredded coconut, 30ml maple syrup, 30ml coconut milk

SWEETENERS & FLAVORINGS

- ☐ 30g dark chocolate chips

OTHER

- ☐ 1 tbsp chopped fresh chives
- ☐ Salt and pepper to taste

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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