



## 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](https://proteinpancakes.co)

# WHAT'S INSIDE

1. Lemon Ricotta Protein Crepes	20g protein
2. Cinnamon Roll Protein Waffles	26g protein
3. Red Velvet Protein Pancakes	24g protein
4. Belgian Protein Waffles	25g protein
5. German Chocolate Protein Pancakes	28g protein

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

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- ☐ 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

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- ☐ 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

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- ☐ 1 lemon, zested and juiced

## OTHER

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- ☐ 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](https://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](https://proteinpancakes.co)