



# STARTER PACK

5 essential protein pancake recipes to get you started. Perfect for beginners!

1 Macro-Verified Recipes

ProteinPancakes | [proteinpancakes.co](https://proteinpancakes.co)

# WHAT'S INSIDE

1. Chocolate Chip Protein Pancakes

25g protein

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# 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

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- ☐ 30g vanilla whey protein powder
- ☐ 30g oat flour
- ☐ 1 tsp baking powder

## DAIRY & EGGS

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- ☐ 1 large egg
- ☐ 120ml milk of choice

## SWEETENERS & FLAVORINGS

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- ☐ 30g dark chocolate chips

## 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)