



WAFFLE LOVERS

A collection of our best and most creative protein waffle recipes, from classic to decadent.

5 Macro-Verified Recipes

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WHAT'S INSIDE

1. Cinnamon Roll Protein Waffles	26g protein
2. Pumpkin Spice Protein Waffles	22g protein
3. Double Chocolate Protein Waffles	28g protein
4. Belgian Protein Waffles	25g protein
5. Carrot Cake Protein Waffles	25g protein

Combined Shopping List
Pro Tips

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.

Pumpkin Spice Protein Waffles

22g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 4 waffles

Difficulty: Easy

240

CALORIES

22g

PROTEIN

22g

CARBS

9g

FAT

INGREDIENTS

40g vanilla protein powder (whey or casein blend)

40g whole wheat flour

60g pumpkin puree

1 egg

120ml unsweetened almond milk

1 tsp pumpkin pie spice

1 tsp baking powder

1 tbsp maple syrup or sweetener

INSTRUCTIONS

- 1 Preheat your waffle iron to a medium-high setting.
- 2 In a large bowl, whisk together the protein powder, flour, pumpkin pie spice, and baking powder.
- 3 In a separate bowl, whisk together the pumpkin puree, egg, almond milk, and maple syrup.
- 4 Pour the wet ingredients into the dry and mix until just combined. Pour the batter into the preheated waffle iron and cook until golden and crisp.
- 5 Serve warm with a dollop of Greek yogurt, a sprinkle of cinnamon, and a drizzle of maple syrup.

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.

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.

Carrot Cake Protein Waffles

25g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 4 waffles

Difficulty: Easy

280

CALORIES

25g

PROTEIN

28g

CARBS

12g

FAT

INGREDIENTS

60g oat flour

30g vanilla whey protein powder

1 egg

120ml unsweetened almond milk

60g grated carrots

1 tsp baking powder

1 tsp cinnamon

1/2 tsp nutmeg

60g cream cheese, softened

30ml milk

1 tbsp powdered sweetener

INSTRUCTIONS

- 1 Preheat your waffle iron.
- 2 In a bowl, mix together oat flour, protein powder, egg, almond milk, grated carrots, baking powder, cinnamon, and nutmeg.
- 3 Pour batter into the preheated waffle iron and cook until golden and crisp.
- 4 While the waffles are cooking, whisk together the cream cheese, milk, and powdered sweetener until smooth.
- 5 Drizzle the waffles with the cream cheese glaze and top with chopped walnuts or pecans.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g oat flour
- ☐ 30g vanilla whey protein powder
- ☐ 1 tsp baking powder
- ☐ For the glaze: 60g cream cheese, 30ml milk, 1 tbsp powdered sweetener
- ☐ 40g vanilla protein powder (whey or casein blend)
- ☐ 40g whole wheat flour
- ☐ 30g chocolate protein powder (whey or casein)
- ☐ 30g whole wheat flour
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 60g all-purpose flour
- ☐ 1 tbsp powdered sweetener

DAIRY & EGGS

- ☐ 1 egg
- ☐ 120ml unsweetened almond milk
- ☐ For the swirl: 1 tbsp melted butter, 1 tbsp brown sugar substitute, 1/2 tsp cinnamon
- ☐ 120ml milk
- ☐ 2 eggs, separated
- ☐ 180ml milk
- ☐ 2 tbsp melted butter
- ☐ 60g cream cheese, softened
- ☐ 30ml milk

PRODUCE

- ☐ 60g pumpkin puree

- ☐ 1 tsp pumpkin pie spice

SWEETENERS & FLAVORINGS

- ☐ 1 tbsp maple syrup or sweetener
- ☐ 30g dark chocolate chips

OTHER

- ☐ 1 tsp cinnamon
- ☐ Pinch of salt
- ☐ 60g grated carrots
- ☐ 1/2 tsp 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?

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