



## WAFFLE LOVERS

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

5 Macro-Verified Recipes

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

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