



## GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

4 Macro-Verified Recipes

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

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Combined Shopping List

Pro Tips

# Gluten-Free Buckwheat Protein Pancakes

22g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

**195**  
CALORIES

**22g**  
PROTEIN

**20g**  
CARBS

**6g**  
FAT

## INGREDIENTS

60g buckwheat flour

30g vanilla whey protein powder

1 large egg

120ml unsweetened almond milk

1 tsp baking powder (gluten-free)

1 tbsp maple syrup

1/2 tsp vanilla extract

Pinch of salt

## INSTRUCTIONS

- 1 In a medium bowl, whisk together the buckwheat flour, protein powder, baking powder, and salt.
- 2 In a separate bowl, whisk the egg, almond milk, maple syrup, and vanilla extract.
- 3 Pour the wet ingredients into the dry and stir until just combined. Don't overmix.
- 4 Heat a non-stick skillet over medium heat. Pour 1/4 cup batter per pancake and cook for 2-3 minutes per side until golden.
- 5 Serve warm with fresh berries, a drizzle of maple syrup, and a dollop of Greek yogurt.

# Dairy-Free Banana Oat Protein Pancakes

18g

Prep: 5 min

Cook: 10 min

Total: 15 min

Yield: 4 pancakes

Difficulty: Easy

**185**

CALORIES

**18g**

PROTEIN

**24g**

CARBS

**5g**

FAT

## INGREDIENTS

1 ripe banana

50g rolled oats

30g vanilla plant-based protein powder

120ml oat milk

1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)

1 tsp baking powder

1/2 tsp cinnamon

1/2 tsp vanilla extract

## INSTRUCTIONS

- 1 Mix ground flaxseed with water and let sit for 5 minutes until gel-like.
- 2 Add banana, oats, protein powder, oat milk, flax egg, baking powder, cinnamon, and vanilla to a blender. Blend until smooth.
- 3 Let the batter rest for 5 minutes to thicken slightly.
- 4 Heat a non-stick skillet over medium heat. Pour 1/4 cup batter per pancake. Cook 2-3 minutes per side until golden.
- 5 Top with fresh fruit, nut butter, and a drizzle of maple syrup.

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# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 60g buckwheat flour
- ☐ 30g vanilla whey protein powder
- ☐ 1 tsp baking powder (gluten-free)
- ☐ 50g rolled oats
- ☐ 30g vanilla plant-based protein powder
- ☐ 120ml oat milk
- ☐ 1 tsp baking powder

## DAIRY & EGGS

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- ☐ 1 large egg
- ☐ 120ml unsweetened almond milk
- ☐ 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)

## PRODUCE

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- ☐ 1 ripe banana

## SWEETENERS & FLAVORINGS

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- ☐ 1 tbsp maple syrup
- ☐ 1/2 tsp vanilla extract

## OTHER

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- ☐ Pinch of salt
- ☐ 1/2 tsp cinnamon

## 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)