

Ayurvedic Protein Pancakes

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Prep: 5 Cook: 10 Rest: 0 Servings: 2

Ingredients

- 1 cup ▸ Oat Flour
- 1 tsp ▸ Baking Powder
- 1 tbs ▸ Jaggery
- 1 tbs ▸ Ghee or Oil
- 1 scoop ▸ Protein Powder
- 1 pinch ▸ Cardamom (optional)
- 1 cup ▸ Milk
- 1 tsp ▸ Cinnamon

Instructions

1. Cook pancakes

Heat ghee or oil in a non-stick pan over medium heat. Pour 1/4 cup of batter onto the hot pan for each pancake. Cook for 2-3 minutes per side, or until golden brown and cooked through. Tip: Adjust heat as needed to prevent burning.

2. Add wet ingredients

Add milk and jaggery to the dry ingredients. Mix until well combined. Add a little more milk if needed to achieve a pancake batter consistency.

3. Combine dry ingredients

In a bowl, whisk together oat flour, protein powder, baking powder, cinnamon, and cardamom (if using).

Source: <https://youtu.be/FS3FynGeD8g?si=AIxVSnxTUKJZBM3W>