

Protein Pancakes



Ingredients

- 1 cup oats
- 1 tsp baking powder
- 1 Tbsp sugar
- 2 eggs
- ½ cup Greek yogurt
- 1 tsp vanilla
- 2 Tbsp milk

Utensils

- Blender or food processor
- Measuring cups and spoons
- Whisk
- Spatula
- Mixing bowl
- Griddle or frying pan
- Pot holder
- Nonstick cooking spray



Recipe Instructions

Step 1: Prep Oats

Blend oats in a blender or food processor to make a fine oat flour.

Step 2: Dry Ingredients

Whisk oat flour, baking powder, and sugar in a mixing bowl.

Step 3: Wet Ingredients

Add Greek yogurt, eggs, vanilla, and milk into the bowl with the dry ingredients and whisk to combine.

Step 4: Prep Heat Source

Heat griddle to 375° or heat a frying pan over medium high heat.
Spray with nonstick cooking spray.

Step 5: Make Pancakes

Take ¼ cup measuring cup to scoop batter onto your hot pan. Repeat with remaining batter.

Cook for 2 minutes on each side. They won't bubble up like normal pancakes, so keep an eye on them!

Step 6: Enjoy!

Once pancakes are cooked, serve with your favorite toppings, and enjoy!

Topping ideas:

Strawberries, blueberries, chocolate chips, bananas, honey, maple syrup, agave, etc.



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Kitchen Safety Tips:

Make sure the lid is on your blender or food processor before turning on.

Unplug appliances as soon as you are done using.

Always use pot holders when touching pans on the stove.