

# □ Protein Pancakes

There's nothing quite like waking up to a stack of warm pancakes. Unfortunately, traditional pancakes are often made with refined flour and topped with syrup, which can lead to a quick spike in blood sugar followed by an energy crash. These protein pancakes offer a healthier alternative by combining oats, banana, and eggs to create a naturally sweet, fiber-rich breakfast. The result is a fluffy, satisfying pancake that provides steady energy, supports fullness, and helps you stay fueled throughout the morning. Topped with Greek yogurt, fresh berries, and a light drizzle of honey, this breakfast feels like a treat while delivering valuable nutrients your body will appreciate.

## Ingredients

### Pancakes

- $\frac{1}{2}$  cup rolled oats, blended into flour
- 1 ripe banana
- 2 large eggs
- Dash of cinnamon
- $\frac{1}{2}$  teaspoon vanilla extract

### Toppings

- $\frac{1}{4}$  cup plain nonfat Greek yogurt
- $\frac{1}{4}$  cup mixed berries (strawberries, blueberries, raspberries, or blackberries)
- 1 teaspoon honey (light drizzle)

## Directions

1. Add the oats to a blender and blend until they resemble a fine flour.

2. Add the banana, eggs, cinnamon, and vanilla extract.
3. Blend until smooth.
4. Heat a nonstick skillet or griddle over medium heat.
5. Lightly coat the pan with cooking spray if needed.
6. Pour small portions of batter onto the skillet.
7. Cook for 2–3 minutes, or until bubbles begin to form on the surface.
8. Flip and cook for another 1–2 minutes until golden brown.
9. Transfer to a plate and repeat with the remaining batter.
10. Top with Greek yogurt, fresh berries, and a light drizzle of honey before serving.

## Why You'll Love These Pancakes

- Naturally sweetened with banana.
- Higher in protein than traditional pancakes.
- Provides fiber from oats and berries.
- No refined flour required.
- Helps promote steady energy and fullness.

## Approximate Nutrition Facts

*(Entire recipe with toppings)*

<b>Nutrient</b>	<b>Amount</b>
Calories	385
Protein	22 g
Carbohydrates	42 g
Fiber	7 g
Total Fat	14 g
Saturated Fat	3.5 g
Cholesterol	370 mg

Nutrient	Amount
Sodium	150 mg
Sugar	20 g

*Nutrition values are estimates and may vary depending on ingredient brands and portion sizes used.*

## Healthy Benefits

- **Oats** provide soluble fiber that may support heart health and help keep you feeling full.
- **Eggs** deliver high-quality protein and essential nutrients.
- **Bananas** contribute natural sweetness, potassium, and fiber.
- **Greek yogurt** adds additional protein and calcium.
- **Berries** provide antioxidants, vitamins, and fiber.

## Serving Suggestion

Pair these protein pancakes with a glass of low-fat milk or a hot cup of coffee or tea for a balanced breakfast that satisfies your sweet tooth while supporting lasting energy throughout the day. 🍌\*🍌