




PROTEIN PANCAKES



These high-protein pancakes are the perfect way to start your day, providing a balanced mix of protein, healthy fats, and slow-releasing carbohydrates to fuel your body. Packed with muscle-building protein, fibre-rich oats, and essential micronutrients, they make an ideal post-workout meal or a nutritious breakfast to keep you energised.

 5 minutes
 15 minutes
 2 portions

INGREDIENTS

- 1 medium portion of rolled oats (160 g) [blended]
- 1 scoop of Protein powder whey based (32 g)
- 2 (size 2) units of eggs, chicken, whole (122 g)
- 1 average pot of yogurt, Greek style, plain (125 g) **or** 1 small pot of cheese, cottage, plain (112 g)
- 1/2 cup almond milk, unsweetened (131 g) [or milk alternative]
- 1/2 teaspoon of cinnamon, ground (2 g)
- 1 heaped teaspoon of honey (17 g)
- 1/2 tablespoon of oil, olive (6 g) **or** 1/2 tablespoon of oil, coconut (6 g)

COOKING METHOD

- 1^o 1^o Blend the oats into a fine flour using a blender or food processor. 2^o In a mixing bowl, whisk together oat flour, protein powder, and cinnamon. 3^o Add eggs, Greek yoghurt, almond milk [or alternative], and honey. Mix until smooth. 4^o Heat a non-stick pan over medium heat and add a small amount of oil. 5^o Pour small amounts of batter into the pan (around 1/4 cup per pancake). 6^o Cook for 2-3 minutes per side, flipping when bubbles form on the surface. 7^o Serve warm with your favourite healthy toppings [e.g., berries, greek yoghurt, nut butter, dark chocolate, etc.]!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (294 g)	% DRI
ENERGY	197 kcal	578 kcal	29 %
PROTEIN	12 g	35 g	69 %
CARBOHYDRATE	23 g	67 g	26 %
SUGARS	3 g	10 g	11 %
FAT	7 g	21 g	30 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	36 %
FIBER	2 g	7 g	29 %
SODIUM	87 mg	256 mg	11 %