



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

20 PROTEIN PANCAKE RECIPES THAT CAN FIT ANYONE'S MACROS



If you're trying to build muscle, you probably already know how important it is to get enough protein. But getting there can be pretty dang boring if your menu is full of chicken and protein shakes.

Enter the protein pancake, which substitutes some of the flour you'd normally use with protein powder, which makes a meal that's both delicious and "diet friendly."

01. Ricotta Whole-Wheat Pancakes

Serves 6 / Makes 12

This healthy pancake recipe doesn't venture far from a standard blueberry pancake recipe at all. Only two ingredient swaps are required to boost the nutrition. First, whole-wheat flour adds complex carbs. Then, instead of using milk for a thinner pancake batter, this recipe uses reduced-fat ricotta cheese.

Nutrition Facts (Per Serving) 269 CALORIES | 12 g PROTEIN | 29 g CARBS 13 g FAT

INGREDIENTS

- | | |
|---------------------------------|--------------------------------------|
| ✓ 1 cup white whole-wheat flour | ✓ 4 large eggs |
| ✓ 1/4 cup granulated sugar | ✓ 1 cup reduced-fat ricotta |
| ✓ 1/2 tsp. salt | ✓ 3 Tbsp. extra-virgin olive oil |
| ✓ 1 Tbsp. baking powder | ✓ 1 cup blueberries, fresh or frozen |

02. Chocolate Crunch Protein Pancakes

Serves 8

Looking to wean your kids (or yourself) off of sugary cereals? Try these chocolate protein pancakes as a way to sneak in some nutrition. There's only a tablespoon of coconut flour, and most of the base is bananas, protein powder, and egg whites.

These chocolate pancakes are very lightly sweetened with only 10 grams of sugar per serving, including the natural sugars from the bananas. Yet, they deliver triple the chocolate: protein powder, cocoa powder, and cacao nibs for the crunch.

Nutrition Facts (Per Serving) 167 CALORIES | 12 g PROTEIN | 27 g CARBS | 6 g FAT

INGREDIENTS

- ✓ 2 medium bananas, mashed
- ✓ 1 scoop unflavored plant-based protein powder (or vanilla)
- ✓ 1 scoop chocolate plant-based protein powder
- ✓ 6 egg whites
- ✓ 1 Tbsp. coconut flour
- ✓ 2 Tbsp. cacao nibs
- ✓ 3 Tbsp. cocoa powder
- ✓ 1/2 Tbsp. coconut oil
- ✓ 1 tsp. vanilla extract
- ✓ 1 Tbsp. coconut sugar
- ✓ 1 tsp. baking powder
- ✓ 1/2 tsp. baking soda
- ✓ Pinch of salt

03. Banana Protein Pancakes

Serves 4

Three-ingredient banana protein pancakes have taken the internet and healthy kitchens by storm. That's because they take just minutes to make. Mash a banana with a fork, beat in an egg, and stir in a scoop of your favorite protein powder. They're delicious, but the texture is eggier than traditional pancakes.

Nutrition Facts (Per Serving) 248 CALORIES | 12 g PROTEIN | 32 g CARBS | 9 g FAT

INGREDIENTS

- ✓ 1 1/2 cups old-fashioned oats
- ✓ 2 Tbsp. WHEY+ vanilla protein isolate
- ✓ 2 large eggs
- ✓ 1 banana, cut in chunks
- ✓ 4 oz. unsweetened applesauce
- ✓ 1/2 cup milk
- ✓ 1/2 tsp. vanilla extract
- ✓ 1/2 tsp. baking powder
- ✓ 1/4 tsp. baking soda
- ✓ Dash of cinnamon
- ✓ 1 Tbsp. coconut oil, for the griddle

04. Oatmeal Blueberry Protein Pancakes

Serves 2

If you don't want to pick up a whole jug of protein powder for pancakes, try this recipe instead. It uses yogurt, oats, and egg to get over 12 grams of protein per serving.

You can use a single-serving container of blueberry yogurt for this recipe, but be sure to go for a low-sugar brand like Siggi's. Some flavored yogurts contain over 20 grams of sugar per serving.

Nutrition Facts (Per Serving) 223 CALORIES | 13 g PROTEIN | 33 g CARBS | 5 g FAT

INGREDIENTS

- | | |
|---|---|
| ✓ 1/2 cup old-fashioned oats | ✓ 1 large egg |
| ✓ 1/2 tsp. baking powder | ✓ 1/2 tsp. vanilla extract |
| ✓ 1 container (5.3 oz.) Siggi's
blueberry yogurt | ✓ 1/3 cup blueberries, fresh or
frozen |
| ✓ 1/2 medium banana | |

05. Homemade Protein Pancake Mix

Serves 4

Pancakes are a quick breakfast to make, and what takes the most time is measuring out the ingredients to make the batter. Get the prep work out of the way early by making this pantry-friendly pancake mix. It contains ground oats, protein power, sugar, and baking powder. For one serving, stir in 1/4 milk to 3/4 cup protein pancake mix, and your batter is ready for the skillet.

Nutrition Facts (Per Serving) 292 CALORIES | 18 g PROTEIN | 48 g CARBS | 4 g FAT

INGREDIENTS

- ✓ 2 cups oat flour

✓ 1/2 cup unflavored whey protein powder

✓ 1/4 cup granulated sugar

✓ 2 Tbsp. baking powder

✓ Pinch of salt (optional)

06. Pumpkin Protein Pancakes

Serves 1

For a seasonal update on the original banana protein pancakes, just add pumpkin and spices. And this recipe can be easily adapted to make sweet potato protein pancakes, or butternut squash protein pancakes – just replace the pumpkin with purees of those ingredients. And if you have pumpkin pie spice on hand, use 3/4 tsp. of that instead of separately adding the nutmeg and cinnamon.

Nutrition Facts (Per Serving) 292 CALORIES | 36 g PROTEIN | 21 g CARBS | 8 g FAT

INGREDIENTS

✓ 2 Tbsp. pumpkin puree

✓ 1/2 medium banana

✓ 1 large egg

✓ 1 Tbsp. ground flaxseed

✓ 1 scoop WHEY+ vanilla protein isolate

✓ 1/2 tsp. ground cinnamon

✓ 1/4 tsp. freshly grated nutmeg

07. Tiramisu Protein Crepes

Serves 1

Have dessert for breakfast with this innovative tiramisu recipe. The protein crepes are flavored with instant coffee, and they're filled with vanilla mascarpone cheese. Then a simple chocolate drizzle, made by mixing together coconut oil and cocoa powder, completes the picture of a healthy tiramisu-inspired breakfast that's indulgent enough to have for dessert.

Nutrition Facts (Per Serving) 201 CALORIES | 31 g PROTEIN | 8 g CARBS | 7 g FAT

INGREDIENTS

Crepe Batter:

- ✓ 2 large egg whites
- ✓ 1/2 tsp. instant coffee
- ✓ 1 Tbsp. WHEY+ vanilla protein isolate

Filling:

- ✓ 1/4 cup mascarpone cheese
- ✓ 1/2 tsp. vanilla extract
- ✓ 2 Tbsp. WHEY+ vanilla protein isolate
- ✓ 1 tsp. fine powdered erythritol (or confectioner's sugar)
- ✓ 1/4 tsp. cacao powder

Chocolate Drizzle:

- ✓ 1/2 tsp. coconut oil, melted
- ✓ 1/2 tsp. cacao powder
- ✓ 1/8 tsp. fine powdered erythritol (or confectioner's sugar)

08. Swole Elvis Protein Pancakes

Serves 2

When you need pancakes worthy of a king, look no further.

This recipe is inspired by Elvis Presley's famous flavor combo of peanut butter, banana, and bacon – only with some careful planning so it's like a restaurant brunch but won't add up to a day's worth of calories.

Using PB2 helps lower the fat content to make room for the bacon. Even then, a few slices of bacon on the side of your pancakes might tip the macros a little too much, so crumbled bacon bits are the way to go.

Nutrition Facts (Per Serving) 373 CALORIES | 29 g PROTEIN | 49 g CARBS | 8 g FAT

INGREDIENTS

- | | |
|-----------------------------------|-------------------------------|
| ✓ 1 slice bacon, cooked and diced | ✓ 3 Tbsp. Splenda |
| ✓ 1/2 cup all-purpose flour | ✓ 1 tsp. baking powder |
| ✓ 1 large egg | ✓ 1/4 tsp. baking soda |
| ✓ 1 cup low-fat cottage cheese | ✓ 1 banana, sliced |
| ✓ 1 tsp. ground cinnamon | ✓ 4 Tbsp. PB2 + 2 Tbsp. water |

09. Oatmeal Protein Pancakes

Serves 1

You can add protein powder to oatmeal and stir in a swirl of peanut butter, but that's not nearly as fun to eat as a stack of thick pancakes smothered in it.

Of course, you'll want to take it easy with peanut butter since the calories, especially from fat, will add up quick. Mix up a pourable peanut syrup with 1/4 cup PB2, a teaspoon of honey, and cinnamon to taste. Add enough water to reach the desired thickness, about 2 to 3 tablespoons.

Nutrition Facts (Per Serving) 307 CALORIES | 25 g PROTEIN | 40 g CARBS | 4 g FAT

INGREDIENTS

- | | |
|-------------------------------------|------------------------------|
| ✓ 1/3 cup oat flour | ✓ 2 egg whites |
| ✓ 1 Tbsp. coconut flour | ✓ 2 Tbsp. unsweet applesauce |
| ✓ 2 Tbsp. brown rice protein powder | ✓ 2 Tbsp. milk |
| ✓ 1 tsp. baking powder | ✓ 1 tsp. vanilla extract |
| | ✓ 1 tsp. maple syrup |

10. Fluffy Protein Pancakes

Serves 6

These pancakes are as thick as waffles! And you'll never guess the secret ingredient that helps them get so fluffy. Brown rice protein powder, which is much lighter than whey, helps add nutrition and create such an airy batter.

Any other kind of protein powder will work in this recipe too, but the protein pancakes won't be as fluffy.

Nutrition Facts (Per Serving) 143 CALORIES | 10 g PROTEIN | 22 g CARBS | 2 g FAT

INGREDIENTS

- | | |
|-------------------------------------|-------------------------------------|
| ✓ 1 cup all-purpose flour | ✓ 1/2 tsp. salt |
| ✓ 1/4 cup brown rice protein powder | ✓ 2 Tbsp. maple syrup |
| ✓ 1 Tbsp. baking powder | ✓ 1 cup water (plus more as needed) |

11. Quinoa Flour Banana Pancakes

Serves 4 / Makes 8

If you need a gluten-free pancake recipe, protein pancakes are a good bet since a lot of them replace the wheat flour entirely. This version has a similar amount of calories and protein as white flour, but one cup of quinoa flour will shave off over 20 grams of carbs per batch.

Nutrition Facts (Per Serving) 201 CALORIES | 10 g PROTEIN | 32 g CARBS | 3 g FAT

INGREDIENTS

- | | |
|-------------------------------------|-----------------------------------|
| ✓ 1 cup quinoa flour | ✓ 1 Tbsp. pure honey |
| ✓ 1 tsp. baking powder | ✓ 1 tsp. vanilla extract |
| ✓ 1/4 tsp. baking soda | ✓ 1/4 tsp. almond extract |
| ✓ 3/4 cup nonfat plain Greek yogurt | ✓ 1 large egg, slightly beaten |
| ✓ 1 large banana, mashed | ✓ 1/4 cup unsweetened almond milk |

12. Golden Protein Pancakes

Serves 2

Healthy pancakes don't always have to look like healthy pancakes. These classic protein pancakes show nothing on the outside to reveal how good they are on the inside, making them ideal for fooling kids and grown-ups alike into eating a wholesome breakfast.

Rather than flour, there are whole oats for lots of complex carbs and fiber. The batter also has a bunch of egg whites and a cup of cottage cheese. Altogether it's a whopping 27 grams of protein – all without protein powder.

Nutrition Facts (Per Serving) 321 CALORIES | 27 g PROTEIN | 49 g CARBS | 3 g FAT

INGREDIENTS

- | | |
|---------------------------------|----------------------------------|
| ✓ 1 cup old-fashioned oats | ✓ 1/4 tsp. ground cinnamon |
| ✓ 6 egg whites | ✓ 2 packets stevia |
| ✓ 1 cup fat-free cottage cheese | ✓ 1/2 cup sugar-free maple syrup |
| ✓ 1/4 tsp. vanilla extract | ✓ 1/4 cup mixed berries |

13. Orange & Vanilla Protein Pancakes

Serves 2

This pancake recipe relies on simple flavors to make a big difference.

Start with a high-quality vanilla whey protein powder – nothing with artificial flavors because you'll taste the difference. Then add some ground almonds (or almond flour) to thicken the batter, and zest half an orange to make the flavors pop.

Nutrition Facts (Per Serving) 229 CALORIES | 25 g PROTEIN | 11 g CARBS | 17 g FAT

INGREDIENTS

- ✓ 1/4 cup WHEY+ vanilla protein isolate
- ✓ 2 whole eggs
- ✓ 1 egg white
- ✓ 1/4 cup unsweetened almond milk

- ✓ 1/4 cup ground almonds
- ✓ 1/4 cup buckwheat flakes (or oats)
- ✓ 1 Tbsp. orange zest (half a medium orange)

14. Low-Carb Protein Pancakes

Serves 2 / Makes 4

The best thing about protein pancakes is probably the fact you can replace the simple carbs. So if you make the batter with other low-carb ingredients, like egg whites and almond milk, you can make amazingly low-carb pancakes. These boast 25 grams of protein per serving, but only contain 2 grams of carbs and a measly gram of fat.

Nutrition Facts (Per Serving) 121 CALORIES | 25 g PROTEIN | 2 g CARBS | 1 g FAT

INGREDIENTS

- ✓ 1 scoop WHEY+ vanilla protein isolate
- ✓ 6 egg whites
- ✓ 1/2 cup unsweet almond milk
- ✓ 1/2 tsp. ground cinnamon
- ✓ 1/4 tsp. ground ginger

15. Coconut Chia Protein Pancakes

Serves 2

If simple protein pancakes haven't been filling you up enough in the morning, you have to try these next. They have double the coconut to keep you fuller longer thanks to a healthy dose of fats and fiber.

And chia seeds make a great addition to any pancake recipe – or any recipe, period. They can increase metabolism and improve hydration.

Nutrition Facts (Per Serving) 259 CALORIES | 19 g PROTEIN | 23 g CARBS | 10 g FAT

INGREDIENTS

- | | |
|---|-------------------------------|
| ✓ 1/4 cup all-purpose flour | ✓ Pinch of salt |
| ✓ 2 Tbsp. coconut flour | ✓ 1 Tbsp. chia seeds |
| ✓ 3 Tbsp. WHEY+ vanilla protein isolate | ✓ 1 Tbsp. coconut flakes |
| ✓ 1/2 tsp. baking powder | ✓ 1 large egg |
| | ✓ 4 Tbsp. unsweet almond milk |

16. Peanut Butter Protein Pancake

Serves 1

When the fat is removed from peanut butter, what's left is a super peanutty, high-protein powder. And since it's like flour, it can sometimes be used as a substitute when making doughs and batters.

These PB2 protein pancakes won't puff up like they would with wheat flour, being thin instead like Swedish pancakes. So you can smother them in syrup like a pancake, or roll them up with fresh fruit in the middle like a crepe.

Nutrition Facts (Per Serving) 151 CALORIES | 8 g PROTEIN | 13 g CARBS | 8 g FAT

INGREDIENTS

- | | |
|------------------------------|--------------------------------------|
| ✓ 1/3 cup old-fashioned oats | ✓ 1 Tbsp. chia seeds + 3 Tbsp water. |
| ✓ 1 Tbsp. PB2 | |
| ✓ 1 large egg | ✓ 1/2 packet Truvia |
| | ✓ Splash of almond milk |

17. Coconut Flour Pancakes

Serves 4 / Makes 12

These aren't your typical pancakes, and they're cooked a little differently. Set the stove to a lower temperature to allow them to cook a little longer. Or, you can make a big batch on a baking sheet in the oven, which takes about a half hour.

And it only takes one adjustment to make these into paleo pancakes: use a non-dairy milk like coconut, almond, or hemp.

Nutrition Facts (Per Serving) 255 CALORIES | 28 g PROTEIN | 23 g CARBS | 5 g FAT

INGREDIENTS

- | | |
|---------------------------|----------------------------------|
| ✓ 1/2 cup coconut flour | ✓ 2 scoops WHEY+ vanilla protein |
| ✓ 1/4 cup ground flaxseed | isolate |
| ✓ 1 tsp. baking powder | ✓ 1 cup skim milk |
| ✓ 1 tsp. ground cinnamon | ✓ 1 1/3 cups egg whites |
| ✓ Pinch of salt | ✓ 1 tsp. pure vanilla extract |

18. Cottage Cheese Protein Pancakes

Serves 4 / Makes 20

When you think of cottage cheese, pancakes are probably one of the last things to come to mind. But you'd be surprised how awesome cottage cheese pancakes can be. They're loaded with protein without using any powders, and the cheese makes them taste rich and decadent. You might even want to skip the maple syrup, opting for fresh fruit or preserves for a flavor like berry cheesecake.

Nutrition Facts (Per Serving) 196 CALORIES | 14 g PROTEIN | 24 g CARBS | 5 g FAT

INGREDIENTS

- | | |
|--------------------------|-----------------------------|
| ✓ 3 large eggs | ✓ 1/2 cup all-purpose flour |
| ✓ 1 cup cottage cheese | ✓ 1 tsp. baking powder |
| ✓ 1 tsp. vanilla extract | ✓ 1/4 tsp. salt |
| ✓ 2 Tbsp. pure honey | ✓ Cooking oil spray |

19. Chocolate Hazelnut Protein Pancakes

Serves 1

Nutella addicts have a hard time not smothering everything in the chocolate hazelnut spread, and that definitely includes pancakes. Instead of going for the jar first thing in the morning, stave off those cravings with these chocolate hazelnut pancakes instead. They look and taste like dessert, but have only 3 grams of sugar per serving.

Nutrition Facts (Per Serving) 293 CALORIES | 24 g PROTEIN | 25 g CARBS | 11 g FAT

INGREDIENTS

Pancakes:

- | | |
|---|-------------------------------------|
| ✓ 1/3 cup old-fashioned oats | ✓ 1/4 cup unsweet van. almond milk |
| ✓ 2 Tbsp. hazelnut flour | |
| ✓ 1/3 scoop WHEY+ chocolate protein isolate | ✓ 2 Tbsp. applesauce |
| | ✓ 1/2 Tbsp. cocoa powder |
| ✓ 2 egg whites | ✓ 1 Tbsp. sugar-free hazelnut syrup |

PB2 Drizzle:

- | | |
|---------------|------------------------------------|
| ✓ 2 Tbsp. PB2 | ✓ 1 Tbsp. unsweet van. almond milk |
|---------------|------------------------------------|

Chocolate PB2 Drizzle:

- | | |
|------------------------------------|--------------------------|
| ✓ 2 Tbsp. PB2 | ✓ 1/2 Tbsp. cocoa powder |
| ✓ 1 Tbsp. unsweet van. almond milk | |

20. Hulk Protein Pancakes

Serves 2 / Makes 4

Eat breakfast like a superhero with this stack of pancakes. They're not just named after The Hulk because they're green. These are exactly the kind of nutrition the big guy would need to Hulk out without burning out. Kids will think it's cool that the pancakes are bright green, and you'll be happy that the color comes from spinach.

Nutrition Facts (Per Serving) 320 CALORIES | 25 g PROTEIN | 36 g CARBS | 9 g FAT

INGREDIENTS

- | | |
|--|-----------------------------------|
| ✓ 1/4 cup oat flour | ✓ 2 cups fresh spinach |
| ✓ 1 scoop pt butter marshmallow protein powder | ✓ 1 Tbsp. natural pt butter chips |
| ✓ 2 Tbsp. coconut flour | ✓ 1 tsp. baking powder |
| ✓ 2 Tbsp. PB2 | ✓ 1 tsp. pure vanilla |
| ✓ 1 banana, mashed | ✓ 1/4 cup unsweet almond milk |
| ✓ 1 large egg | ✓ 1 Tbsp. flax seeds |
| | ✓ 2 Tbsp. unsweet applesauce |

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