



Vegan Protein Pancakes (19g of Protein)

Move over store-bought pancakes! This delicious option is healthier, more cost-effective, and just as quick and easy.

Serves: 1, Prep time: 00:05, Cook time: 00:05

Instructions

- Blend all ingredients in a blender or food processor until completely smooth.
- Heat vegan butter or olive oil in a non-stick pan over medium heat.
- Scoop even spoonfuls of pancake batter on pan and heat until golden brown on both sides.
- Top with nuts, berries, or your favourite toppings.
- Enjoy!

Ingredients

- 0.5 cups Almond Milk
- 1/1 Banana, yellow, ripe, peeled
- 0.5 cups oat flour
- 1 pinch or to taste Vanilla Protein power, 1 scoop
- 0.5 teaspoon Baking Powder
- 1 teaspoon Oil, olive, Extra virgin

Notes

You could also swap out the Vanilla Caramel for Chocolate and/or add in powdered peanut butter. If you do any add-ins, especially things that are dry,

you may want to add a splash of almond milk to balance it out.

You could swap out the bananas for applesauce if you prefer.

Nutrition

Calories 436, carbs 66.5g, protein 19g, fat 11g

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