



GREEK YOGURT PROTEIN PANCAKES



3 SERVINGS



15 MINS

CALORIES
320

PROTEIN
28G

FATS
9G

CARBS
35G

INGREDIENTS

- 1 cup rolled oats
- 1 cup Greek yogurt (plain, 2% fat)
- 2 large eggs
- 1 banana
- 1 scoop (30g) vanilla protein powder
- 1 tsp baking powder
- 1 tsp vanilla extract
- ¼ tsp cinnamon
- Mixed berries and maple syrup for topping (optional)

METHOD

1. Blend all ingredients except toppings in a blender until smooth.
2. Heat a non-stick pan over medium heat and lightly coat with cooking spray.
3. Pour ¼ cup of batter for each pancake and cook until bubbles form on top.
4. Flip and cook for another 1-2 minutes until golden brown.
5. Serve with fresh berries and a drizzle of maple syrup if desired.