



High-Protein Fluffy Pancakes

These light and fluffy protein pancakes deliver a powerful punch of muscle-building nutrients without sacrificing taste or texture. Made with protein powder, eggs, and wholesome ingredients, they're the perfect post-workout breakfast or anytime meal that keeps you satisfied for hours. Topped with your favorite fruits, Greek yogurt, and a drizzle of honey, these pancakes are as delicious as they are nutritious.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 minutes	12 minutes	22 minutes	4 servings

INGREDIENTS

3 whole Large eggs	1 cup Vanilla protein powder
1/2 cup Plain Greek yogurt	1/2 cup Unsweetened almond milk
1/2 cup Whole wheat flour	2 teaspoons Baking powder
1 teaspoon Vanilla extract	1 tablespoon Honey or maple syrup
1/4 teaspoon Sea salt	2 tablespoons Coconut oil or butter
1/2 teaspoon Ground cinnamon	1/2 medium Banana (optional)

INSTRUCTIONS

- 1
- Assemble all ingredients on your counter and ensure eggs and Greek yogurt are at room temperature for better mixing. This step ensures even incorporation and optimal fluffiness in your finished pancakes. Measure out your protein powder

carefully, as this is crucial for proper texture and nutritional balance.

- 2 In a large mixing bowl, crack the three eggs and whisk them together until well combined. Add the Greek yogurt, almond milk, vanilla extract, honey, and mashed banana (if using), whisking until the mixture is smooth and creamy. Don't overmix at this stage, but ensure all wet ingredients are evenly distributed throughout.
- 3 In a separate medium bowl, whisk together the vanilla protein powder, whole wheat flour, baking powder, cinnamon, and sea salt. Make sure the baking powder and salt are evenly distributed throughout the dry mixture to avoid pockets of unmixed powder. This separate mixing prevents lumps and ensures even rising.
- 4 Pour the wet ingredient mixture into the bowl with the dry ingredients. Using a spatula, gently fold the ingredients together until just combined—the batter should be slightly lumpy, not smooth. Overmixing develops gluten and creates tough, dense pancakes, so resist the urge to blend everything perfectly smooth. Let the batter rest for 1-2 minutes to allow the protein powder to fully hydrate.
- 5 Heat a non-stick skillet or griddle over medium heat for about 2 minutes until evenly heated. Test the temperature by sprinkling a few drops of water on the surface—they should sizzle gently and evaporate within a few seconds. Lightly grease the pan with coconut oil or butter using a pastry brush or paper towel.
- 6 Pour approximately 1/4 cup of batter onto the prepared pan for each pancake, spacing them about 2 inches apart. Allow the pancakes to cook for 2-3 minutes until bubbles form on the surface and the edges appear set and slightly dry. Flip carefully using a thin spatula and cook the other side for another 1-2 minutes until golden brown. Repeat with remaining batter, re-greasing the pan between batches.
- 7 Place cooked pancakes on a warm plate or transfer to a 200°F oven to keep them warm while finishing the remaining batches. This prevents them from cooling down before serving. Serve immediately with your choice of toppings while they're still fluffy and warm.
- 8 Arrange your warm pancakes on serving plates and top with Greek yogurt, fresh berries, a drizzle of honey, sliced bananas, or nuts. A dollop of almond butter or a sprinkle of granola adds extra protein and texture. Serve immediately and enjoy your nutritious, delicious breakfast.



Chef's Notes

The key to perfectly fluffy protein pancakes lies in not overmixing the batter and respecting the rest time before cooking. I always use room-temperature ingredients because they blend more smoothly and create a lighter texture. The ratio of protein powder to other wet ingredients is crucial—too much protein powder creates dense, rubbery pancakes, while too little compromises the nutritional value. My secret weapon is folding the batter gently rather than stirring it aggressively, which preserves the air bubbles created by the baking powder.

NUTRITION PER SERVING

Calories: **285 kcal** Protein: **28 g** Carbs: **22 g** Fat: **8 g**

Recipe from [EasyRecipeVault.com](#)