



## Simple Protein Pancakes

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**5**

CALORIES



**147 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tbsp vanilla almond milk
- 1 tsp double-acting baking powder
- 1 banana
- 2 eggs
- 0.5 cup greek yogurt
- 1 cup oats quick
- 0.3 cup premier protein
- 1 tsp vanilla extract

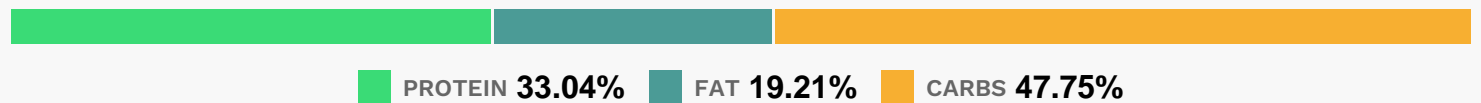
## Equipment

- frying pan
- blender

## Directions

- Grab all of your ingredients and the Premier Protein powder and place them into a blender. Set the blender for a one minute blend to get all of the ingredients mixed well together. Once everything is blended well, set aside and allow the protein powder pancakes mixture thicken.
- Heat the skillet, and make sure to let the skillet get very hot before pouring the batter. Once the skillet is hot, start pouring small sized pancakes. Don't flip the pancakes until the batter has started forming small bubbles on the edges, and the edges start to turn a light golden brown. This should take approximately 2 minutes. Flip the pancakes over and allow them to cook thoroughly on the other side. After all of the pancakes are finished, top with your favorite toppings and a little maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:42.36, Glycemic Load:9.04, Inflammation Score:-3, Nutrition Score:9.3134782608696%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 63.24%, Sourness: 29.69%, Bitterness: 22.29%, Savoriness: 45.88%, Fattiness: 93.18%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 146.62kcal (7.33%), Fat: 3.26g (5.01%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 15.65g (5.69%), Sugar: 3.94g (4.38%), Cholesterol: 66.47mg (22.16%), Sodium: 210.67mg (9.16%), Alcohol: 0.29g (1.61%), Protein: 12.6g (25.19%), Manganese: 0.88mg (43.86%), Phosphorus: 217.59mg (21.76%), Selenium: 13.19µg (18.85%), Magnesium: 57.63mg (14.41%), Iron: 2.28mg (12.68%), Calcium: 115.03mg (11.5%), Vitamin

B2: 0.18mg (10.67%), Copper: 0.21mg (10.52%), Fiber: 2.56g (10.24%), Folate: 32.25µg (8.06%), Vitamin B1: 0.12mg (7.94%), Zinc: 1.18mg (7.86%), Vitamin B6: 0.15mg (7.65%), Potassium: 202.29mg (5.78%), Vitamin B5: 0.53mg (5.35%), Vitamin B12: 0.3µg (4.94%), Vitamin C: 2.05mg (2.49%), Vitamin D: 0.35µg (2.35%), Vitamin B3: 0.45mg (2.26%), Vitamin A: 110.94IU (2.22%), Vitamin E: 0.32mg (2.16%)