



Protein Pancakes

Macros: (9 pancakes) 228 Calories; 31g Protein; 4g Carbs; 6g Fat

Ingredients

- 2 large eggs
- 1 tablespoon vanilla extract
- 1 teaspoon stevia- equals $\frac{1}{3}$ cup of sugar (omit if using sweetened protein powder)
- $\frac{1}{2}$ cup plain Greek yogurt
- 2 scoops unsweetened whey protein powder - not packed; 40 grams total
- 1 teaspoon baking powder
- Cooking spray - for the griddle

Instructions

1. In a medium bowl, whisk the eggs, vanilla, stevia, and yogurt.
2. Add the protein powder and whisk until completely smooth and blended. Use a rubber spatula to scrape the sides of the bowl if needed.
3. Whisk in the baking powder. Let the batter rest while you heat the griddle. It slightly thickens as it rests.
4. Heat a nonstick griddle or a large, 12-inch nonstick skillet over medium heat (not higher). If you use an electric stovetop, heat it over medium-low heat. Spray the skillet with oil.
5. Using a 1.5 tablespoon cookie scoop, pour small mounds of the batter onto the griddle. A double-burner griddle will accommodate 8 pancakes. A large skillet will hold 3 or 4.
6. Cook the pancakes until they bubble on top, for about one minute. It happens fast! Flip and cook them on the second side for just a few more (10-20) seconds. **It's important not to overcook them, or they will turn out dry and rubbery. Lower the heat to medium-low or low if needed.**
7. Transfer the cooked pancakes to a plate, cover them with foil to keep them warm, and cook the remaining pancakes. Serve immediately.