

Pancakes Just Got Healthy: 5 Ways to Enjoy Them For Breakfast Or Dinner

The only guide you need to turn pancakes into a totally guilt-free meal.



Pancakes happen to be an all-time **fan-favorite sweet breakfast treat**, and for good reason. What's not to love about fluffy pancakes with pure maple syrup and a side of your favorite fruit? Seriously, it's the ultimate Sunday brunch, **post-workout meal**, or even breakfast-for-dinner option. And good news. Healthy pancakes can be just as tasty as the real thing. So, we're showing you how to upgrade your plate with five ways to enjoy pancakes for breakfast, or yes, even dinner.

5 Healthy Pancake Recipes That Are Seriously Delicious

We've included recipes to satisfy just about any pancake craving. Whether you like banana pancakes, chocolate chip, blueberry, or prefer something a bit more decadent— this list has you covered.

These healthy pancake recipes are also:

- Gluten-free
- Soy-free
- Refined sugar-free

Best of all, they're made with real, wholesome nutrients (no refined flours or sneaky sugars!)

And, with a few simple swaps, your healthy pancakes can easily be made dairy-free or with a boost of protein!

#1 –Step Banana & Cinnamon Pancakes



This **healthy pancake recipe** is super easy to make and only requires a handful of yummy ingredients. We used oats in place of refined flour, and a banana as an all-natural sweetener!

Servings: 1

Ingredients:

- ½ cup oats
- 1 egg (optional)
- 1 tsp baking powder
- 1 tbsp chia seeds
- 1 banana
- 1 tsp cinnamon
- ¼ cup almond milk
- 1 tsp coconut oil

For the toppings

- ½ banana, sliced
- 1 tsp maple syrup (optional)

Directions:

To make the pancakes, place all of the ingredients, except the coconut oil, into a blender or food processor. Blend until you've reached a smooth consistency.

Heat the coconut oil in a non-stick frying pan over medium heat. Add 2 tablespoons of pancake mixture to the pan and fry for 2-3 minutes on each side, or until the pancakes are cooked through.

To serve, stack the pancakes on a plate and top with freshly sliced banana and maple syrup, if desired.

#2 Protein Pancakes



Here's another recipe that's packed with added protein, making these healthy pancakes extra filling to keep you full until lunch. Double up your serving size and save them in the fridge — these protein-rich pancakes would make the perfect post-workout meal!

Serves: 2

Ingredients:

- 3 egg whites
- 1 scoop protein powder
- 1 tsp cinnamon
- 1 tsp maple syrup
- 2 tbsp ground flaxseed
- 3 tbsp almond milk
- 1 banana, mashed
- 1 tsp baking powder (optional)
- 1 tsp coconut oil
- Greek yogurt for serving (optional)

Directions:

To make the pancakes, place all of the ingredients, minus the coconut oil, in a bowl and whisk until combined.

Heat a non-stick pan over medium heat and melt the coconut oil.

In batches, pour the batter into a pan until you've reached your desired pancake size. Cook one side until you see little bubbles starting to form. Flip carefully and cook the other side until the pancakes are cooked through.

To serve, divide the pancakes between 2 plates and top with berries and Greek yogurt.

#3 Chocolate Chip Healthy Pancakes



Sweet tooth lovers, this one's for you. While these pancakes are every bit decadent, they're made with wholesome ingredients and free from gluten or refined sugars. Enjoy this healthier spin on this pancake fan favorite and prepare to indulge the healthy way!

Serves: 4

Ingredients:

- 1 cup gluten-free all-purpose flour
- 1 tsp baking powder
- 1 cup unsweetened almond milk
- ½ banana, mashed
- 3 eggs
- 1 tsp pure vanilla extract
- 2 tbsp unsweetened dark chocolate chips (or raw cacao nibs)
- Unsweetened Greek yogurt and sliced banana for topping (optional)
- Drizzle of pure maple syrup for serving
- Coconut oil for cooking

Directions:

To make the pancakes, place all the ingredients, minus the toppings and coconut oil, in a bowl and whisk until no clumps remain.

Heat a medium skillet over medium heat with coconut oil.

Pour about ¼ cup of the batter onto the pan one at a time and cook until bubbles start to form. Flip and cook for another 1-2 minutes or until the pancakes turn a brown/golden color and are completely cooked through.

Serve with dollop of Greek yogurt, sliced banana, and pure maple syrup. Enjoy!

#4 Chocolate Sweet Potato Pancakes



These pancakes have a surprising superfood ingredient: sweet potatoes! That's right — no grains, no nuts, no refined or processed ingredients. Just wholesome **root veggies**! And if you've never mixed chocolate + sweet potatoes... you're in for a sweet surprise! Packed with satiating carbs and chocolatey antioxidants, these decadent healthier pancakes make breakfast delicious and healthy.

Serves: 2

Ingredients:

- 1 cup cooked and mashed sweet potato
- 3 eggs
- ½ cup unsweetened almond milk
- 1 tsp pure vanilla extract
- 2 tbsp unsweetened cacao powder
- 1 tsp baking powder
- 1 tsp ground cinnamon
- Coconut oil for cooking
- Blueberries and raw honey or pure maple syrup for topping

Directions:

To make the pancakes, place all of the ingredients, minus the toppings and coconut oil, in a bowl and whisk until no clumps remain.

Heat a medium skillet over medium heat with coconut oil.

Pour about ¼ cup of the batter onto the pan at a time and cook until bubbles start to form. Flip and cook for another 1-2 minutes or until the pancakes are cooked through.

Serve with blueberries and a drizzle of raw honey or pure maple syrup. Enjoy!

#5 Hazelnut Mocha Pancakes



Coffee + pancakes? Say no more. These almond mocha pancakes are made with less than 10 ingredients, take minutes to make, and taste like a chocolate latte (yum!) Almond flour is what makes these pancakes grain-free, gluten-free, and extra fluffy!

Serves: 4

Ingredients:

- 1 cup almond flour
- 2 eggs
- 1 cup coffee, chilled
- 2 tbsp unsweetened cacao powder
- 1 tsp baking powder
- 1 tsp pure vanilla extract
- Coconut oil for cooking
- Hazelnuts and pure maple syrup for topping

Directions:

To make the pancakes, place all the ingredients, minus the toppings and coconut oil, in a bowl and whisk until no clumps remain.

Heat a medium skillet over medium heat with coconut oil.

Pour about $\frac{1}{4}$ cup of the batter onto the pan at a time and cook until bubbles start to form. Flip and cook for another 1-2 minutes or until the pancakes are cooked through.

Serve with hazelnuts and a drizzle of pure maple syrup.

Enjoy!

Healthy Pancake Topping Ideas

While it seems like maple syrup is the number one pancake topping, there are, in fact, some other super delicious toppings that you can pair with all your favorite healthy pancake recipes. Some of our favorites include:

Raw honey: Rich in antioxidants and **immune-supporting** properties.

Berries: Low in sugar and full of phytonutrients.

Coconut butter: Different than coconut oil, you'll get a healthy dose of fiber and nutrients like potassium and magnesium.

Almond butter: Nature's skin food (thanks to the rich Vitamin E levels) that comes with a healthy dose of magnesium, calcium, protein, and fiber!

Ghee: Rich in fatty acids and fat-soluble vitamins.

Greek Yogurt: Use it as a spread to give your pancakes a creamy protein boost! To make it dairy-free, swap Greek yogurt for coconut or almond milk yogurt.

You can also get fancy and sprinkle on some pancake-worthy spices or guilt-free indulgent toppings like:

- Cinnamon
- Nutmeg
- Pumpkin pie spice
- Raw cacao nibs
- Shredded unsweetened coconut
- Low-sugar granola
- Chopped nuts and seeds (such as dry roasted almonds or pumpkin seeds)

Pancake Day Just Got Healthier

Whether you have a family tradition of enjoying pancakes on Sundays or just need another excuse to whip up a delicious breakfast, these five healthy pancakes recipes make it possible to enjoy this favorite breakfast treat without the guilt.

Enjoy them for breakfast or have breakfast for dinner — no matter how you enjoy these pancakes, they are sure to be a hit.