



Protein Pancakes (Without Protein Powder!)

Our chocolate chip protein pancake was popular, and we received requests for similar recipes that didn't require any protein powder. This recipe gets its protein from yogurt and eggs - and packs a healthy 26 grams of protein per serving. A great way to start your day or to enjoy as a post-workout meal!

Ingredients

1/2 cup whole wheat flour
6 oz. Greek yogurt
1 egg
1 tbsp sweetener of your choice (I recommend Stevia)
1 tsp. baking powder
Pinch of salt
Non-stick cooking spray

Preparation Process

In a large bowl, mix together all the ingredients

Spray a pan with non-stick cooking spray, heat the pan to medium, then scoop the batter into the pan.

Smooth the top of the pancake with a spatula, cook for 2-3 minutes, then flip the pancake, cook for another 2-3 minutes and serve.

If you want to watch the video again. Click [here](#).