

Oatmeal-Almond Protein Pancakes

A recipe from Kim Plaza



Ingredients

- 65g unflavoured protein powder (optional) – this can be pea protein
- 65g almond flour
- 65g oats or oat flour
- 1 teaspoon caster sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- 180ml milk
- 2 tablespoons oil
- 2 teaspoons vanilla extract

Method

Combine protein powder, almond meal, oat flour, sugar, cinnamon, baking powder, baking soda and salt until fully mixed.

Add eggs, milk (reduce to 125ml if using whey protein), oil and vanilla, mix until combined.

Let stand for 15 minutes. Coat a large non-stick skillet or griddle with oil and heat over medium-high heat. Reduce the heat to medium.

Cook until the edges are dry, 1 to 3 minutes. Flip and cook until golden brown on the other side, 1 to 3 minutes more. Make about 3 pancakes at a time. Repeat with the remaining batter, using a little more oil and reducing the heat as needed. Serve warm. Can be served with natural yoghurt, fruit and nuts or poached eggs.

*Dish may not look like image used