

ALMOND OATMEAL PROTEIN PANCAKES

Substituting almond flour for wheat flour in recipes is a great way to cut carbs if this is important to you.

INGREDIENTS

- ½ cup unflavored protein powder
- ½ cup almond meal
- ½ cup oat flour
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- ¾ cup buttermilk
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract

DIRECTIONS

STEP 1

Combine protein powder, almond meal, oat flour, sugar, cinnamon, baking powder, baking soda and salt in a blender; pulse until fully mixed. Add eggs, buttermilk, oil and vanilla; pulse, stopping to scrape down the sides as needed, until combined. Let stand for 15 minutes.

STEP 2

Coat a large nonstick skillet with cooking spray; heat over medium-high heat.

STEP 3

Make about 3 pancakes at a time, using ¼ cup batter per pancake; 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. Repeat with the remaining batter, using more cooking spray and reducing the heat as needed. Serve warm.

NUTRITION FACTS

Serving Size: 2 pancakes

Per Serving: 334 calories; protein 19.7g; carbohydrates 22.9g; dietary fiber 3.9g; sugars 6.2g; fat 18.6g; saturated fat 2.3g; cholesterol 94.8mg; vitamin a iu 158.5IU; vitamin c 0.5mg; folate 14.1mcg; calcium 261.1mg; iron 10mg; magnesium 56.1mg; potassium 220.4mg; sodium 595.9mg; thiamin 1.4mg; added sugar 3g.

