

Protein Strawberry Pancakes



Rediscover the joy of making homemade pancakes with this protein-rich version that's simple to prepare and deliciously comforting! Perfect for a weekend breakfast that's both indulgent and satisfying, it helps you fuel up with energy to start the day off right. A recipe approved by our dietitians, to enjoy with our [raspberry chia jam](#) for an even more decadent touch!

Preparation 10 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 250

Fat 9

Carbohydrates 25

Fibre 4

Protein 17

Sodium 110

Ingredients

- 250 ml (1 cup) whole wheat flour (or buckwheat flour for a gluten-free option)
- 160 ml (? cup) ground almonds
- 5 ml (1 tsp) baking powder
- A pinch of salt

- 125 ml (½ cup) egg whites
- 250 ml (1 cup) plain 0% Greek yogurt
- 180 ml (¾ cup) high-protein milk
- 5 ml (1 tsp) vanilla extract
- 500 ml (2 cups) fresh strawberries, diced, divided
- Cooking spray
- Maple syrup, to taste, for serving

Preparation

1. In a medium bowl, mix the whole wheat flour, almond flour, baking powder and salt. Set aside.
2. In a large bowl, whisk the eggs, egg whites, Greek yogurt, high-protein milk and vanilla until smooth and homogeneous.
3. Gently incorporate the dry ingredients into the wet ingredients using a spatula. Mix just enough to moisten the batter, without overmixing the preparation.
4. Gently fold 1 ½ cups (375 ml) of the strawberries into the batter using a spatula. Reserve the rest for serving.
5. Heat a small non-stick skillet over medium heat and lightly coat with cooking spray.
6. Pour about 60-80 ml (¼-? cup) of batter per pancake. Cook for 2 to 3 minutes, until small bubbles form on the surface and the edges begin to set. Flip and continue cooking for 1 to 2 minutes, or until the pancake is golden brown. Repeat with the remaining batter.
7. Serve the pancakes warm, topped with the remaining fresh strawberries and a drizzle of maple syrup.

Notes

Keeps for 4 days in the refrigerator in an airtight container or 3 months in the freezer.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City