

FRF Blueberry Protein Pancakes

These amazing and fluffy blueberry protein pancakes are a cinch to make and so delicious! They're gluten-free, high protein, and the perfect breakfast treat.

► MAKES 6 SERVINGS

DIRECTIONS

THE Ingredients

- 1 1/2 cups almond flour
- 1/2 cup [protein powder](#)
- 1 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 3 eggs
- 2/3 cup almond milk
- 1/2 - 1 cup blueberries

Best Protein Powder for Pancakes

What's great about these banana protein pancakes is you can basically use whatever type of protein powder you want!

Plant-based? use a vegan protein powder.

Love whey? a whey protein will totally work too! You can use chocolate or vanilla flavor to add flavor to any recipe.

Looking for GF? Find a certified gluten-free protein.

Want a flavor? use chocolate, salted caramel, peanut butter, berry, etc.!

Whisk together the dry ingredients and set them aside.

In a separate bowl, beat together the eggs and almond milk. Add a splash of vanilla if you want a teeny boost of flavor.

Pour the egg and almond milk mixture into the flour mixture and stir to combine. Fold in the blueberries.

Heat a skillet over medium-low and spray it with cooking spray (or use oil). Drop about a 1/4 cup of batter onto the skillet and cook for 2 - 3 minutes per side. Repeat with the rest of your batter.

****Watch your serving sizes of syrup, you can add a lot of sugar. Read the label. ****

NUTRITIONAL VALUES

- Calories:172 (2 pancakes)
- Fat: 8 grams
- Carbs:10 grams
- Fiber: 4 grams
- Sugar: 4 grams
- Protein: 15 grams

