

# PROTEIN PACKED PANCAKES

with Raspberry Coulis

## NUTRITION

Per Serving

|                      |     |
|----------------------|-----|
| Calories:            | 131 |
| Total Fat:           | 4g  |
| Total Carbohydrates: | 16g |
| Protein:             | 8g  |

8

PANCAKES



These **Protein Packed Pancakes** are a balanced, blood sugar-friendly twist on a classic breakfast favourite. Packed with protein, this recipe helps slow down digestion and stabilize blood sugar levels. The use of gluten-free rolled oats provides complex carbohydrates and fibre, which can help reduce blood sugar spikes. The raspberry coulis is naturally sweetened with monk fruit, a low-glycemic alternative to sugar, making it a safe and satisfying topping without the blood sugar rollercoaster. With no refined flour or added sugars, this pancake recipe supports steady energy and satiety.

## INGREDIENTS

### Protein Vanilla Pancakes

- 1 cup + 1 tbsp** old fashioned gluten-free rolled oats
- 2 ¼ tsp** baking powder
- ¼ cup** vanilla protein powder
- 3** large eggs
- 1/3 cup** plain nonfat Greek yogurt
- ¼ tsp** vanilla extract
- 1 tbsp** melted coconut oil
- Coconut oil cooking spray

### Raspberry Coulis

- 1 lb** raspberries (*fresh or frozen*)
- 2 tbsp** monk fruit sweetener
- ½ tsp** lemon juice

# INSTRUCTIONS

- 1 Add raspberries and monk fruit sweetener to a small sauce pan. Smash with a potato smasher or whisk to get the juices flowing.
- 2 Cook raspberries over medium-low heat for 10 minutes, or until softened. Continue to smash raspberries into small pieces if needed while cooking.
- 3 Add lemon juice to raspberries and stir to combine.
- 4 Remove from heat and strain sauce through a fine mesh strainer over a bowl. **Note**, sauce will thicken as it chills and can be made ahead of time. Serve warm or at room temperature over pancakes.
- 5 Blend the oats in a blender until it reaches a smooth flour texture.
- 6 Add in the baking powder, vanilla protein powder, eggs, Greek yogurt, vanilla extract and melted coconut oil. Blend until smooth.
- 7 Heat a non-stick skillet over medium-low heat and add some cooking spray to coat the pan.
- 8 Drop ¼ cup portions of the batter onto the hot skillet. Cook the pancakes until small bubbles appear on the surface. Lift and flip the pancake using a spatula and continue to cook for another 1-2 minutes, or until cooked through. Repeat until all batter has been used.