AMERICAN · BREAKFAST

Flourless Protein Powder Pancakes (No Banana)

15 min · Makes 2 × 5 small pancakes · 302 kcal a portion · Video 3:36 · MOMables - Laura Fuentes

Vegetarian · Gluten-free ingredients · Nut-free

Eggs and whey give about 36 g protein and only 7 g net carbs a serve, with no flour, banana or sugar in the batter.

Diet notes: Low carb (6.9 g net carbs) but not keto: 35% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

7 · MAKES 2 × 5 SMALL PANCAKES

- [ ] 2 large **eggs**
- [ ] ¾ cup (not packed, about 2½ oz) **vanilla whey protein powder**
- [ ] 1½ tsp **baking powder**
- [ ] ⅓ cup **milk** (any), added gradually
- [ ] a little **butter**, to grease the griddle
- [ ] a **pat of butter** on each serve, to serve
- [ ] **sugar-free syrup**, to serve (optional, about 1 tbsp a serve)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Whisk the 2 eggs in a bowl. Use a protein powder you like the taste of — you will taste it in the pancakes. 0:06
2. Add ¾ cup whey protein powder, spooned in loosely rather than packed, and whisk it in. 0:25
3. Add the baking powder; the batter will be very thick and sticky. 1:07
4. Whisk in the milk a little at a time — half first — until it looks like normal pancake batter. Plant protein absorbs more liquid, so you may need more. 1:25
5. Lightly grease a griddle over medium heat and spoon on about 2 tbsp of batter per pancake, keeping them small because the batter spreads. 2:14
6. Flip when bubbles form around the edges and cook briefly on the second side; they rise only a little. 2:43
7. Stack about 5 pancakes per serve and top with a pat of butter and a drizzle of sugar-free syrup. 2:58

> **Tip** She pours syrup over the stack; we list a sugar-free one, as 1 tbsp of maple syrup adds about ½ oz sugar. The batch makes about 10 thin pancakes (2 servings). Leftovers keep in the fridge; reheat in the toaster.

The method is a summary in our words — the video shows every step.

One portion (5 small pancakes) gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
302 kcal	**37** g	**6.9** g	**0** g	**15** g	**560** mg
1,270 kJ	73% of a day	6.9 g net · 3.7 g sugars	0% of a day	7.4 g saturated	24% of a day
		3% of a day		19% of a day	

Energy from net carbs 9% · protein 48% · fat 43% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 47% · Selenium 38%

Source of (10–19%) Calcium 18% · Vitamin A 16% · Zinc 13%

Recipe and video: MOMables - Laura Fuentes (@MOMables) on YouTube — youtube.com/watch?v=L5qjj3WhpjE, published 9 December 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/flourless-protein-powder-pancakes