

Protein Oatmeal Pancakes: American Whole-Grain Breakfast

Blended oats and whey protein for a dense yet fluffy texture



PREP
10 min

COOK
12 min

TOTAL
27 min

SERVES
4 servings

CALORIES
90 kcal

Ingredients

- 1 cup rolled oats
- 1/4 cup whey protein powder, 30 g
- 1 tsp baking powder
- 1/4 tsp salt
- 1 ripe banana, mashed
- 1 cup unsweetened almond milk
- 1 large egg
- 1 tsp vanilla extract
- 1 tbsp coconut oil, melted, for sautéing

Instructions

1. **Make oat flour:** Place the rolled oats in a blender and pulse until fine. This creates a smooth flour that ensures your pancakes have a consistent texture. Transfer the powder to a medium bowl.
2. **Combine dry ingredients:** Add the whey protein powder, baking powder, and salt to the oat flour. Whisk the mixture until evenly combined. You must distribute the leavening agents to ensure a uniform rise.
3. **Mix wet ingredients:** Mash the banana with a fork until smooth in a separate bowl. Stir in the almond milk, egg, vanilla, and melted coconut oil. Ensure the banana is fully incorporated to provide natural sweetness.
4. **Create the batter:** Pour the wet mixture into the dry ingredients. Whisk gently until just combined. If the batter is too thick to pour, add 1 tbsp more milk to achieve a thick but pourable consistency.
5. **Rest the batter:** Let the batter sit undisturbed. This allows the oats to absorb the liquid and the batter to thicken. This step prevents the pancakes from being runny.

6. Fry the pancakes: Heat a non-stick skillet over medium heat and brush with coconut oil. Drop 3–4 tbsp of batter per pancake. Cook for 2–3 minutes until bubbles form and edges look set.
7. Flip and finish: Flip each pancake with a spatula. Cook for another 1.5–2 minutes until the colour is golden brown. Transfer them to a plate and cover with foil to keep them warm.

Notes

What goes wrong and why Your pancakes may lose their lift if the batter rests too long. The leavening agents react quickly with the wet ingredients. Spot this by noticing a thinner consistency or a lack of bubbles during cooking. Stir the mixture gently before pouring to restore the air and ensure a fluffy texture.

What to serve with it Top these pancakes with fresh berries and a dollop of Greek yogurt for a balanced meal. You may also spread almond butter and sliced banana over the top for a sweet-savoury combination. For a higher protein boost, serve the stack with a side of scrambled eggs or smoked salmon.

Storing and reheating Store cooled pancakes in an airtight container at room temperature for up to 2 days. For longer storage, place them in a freezer-safe bag for 2 weeks. Reheat them in a microwave or toaster for 30 to 45 seconds to restore the warmth and soften the oats.