



Protein Pancakes

Recipe By RENNIE CURRAN

SERVES: 2-3

PANCAKES:

- 1 cup oat flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- pinch of salt
- 2 large eggs
- $\frac{3}{4}$ cup milk or unsweetened almond milk
- 1 ripe banana, mashed
- 1 tsp vanilla extract
- 1 scoop vanilla protein powder, optional

GINGER HONEY DRIZZLE:

- 2 tbsp honey or maple syrup
- 1 tsp fresh ginger, grated
- 1 tsp fresh lime or lemon juice
- pinch of salt

DIRECTIONS:

- 1. In a large bowl, whisk together oat flour, baking powder, cinnamon, and salt. Add eggs, milk, mashed banana, vanilla extract, and protein powder if using. Stir until smooth.
- 2. Heat a nonstick skillet over medium heat and lightly grease with butter or cooking spray. Pour $\frac{1}{4}$ cup of batter per pancake onto the skillet. Cook for 2-3 minutes per side until golden brown and cooked through. Repeat with remaining batter.
- 3. Make the drizzle: In a small bowl, whisk together honey or maple syrup, grated ginger, citrus juice, and a pinch of salt until combined.
- 4. Cook turkey bacon according to package directions. Prepare eggs scrambled or over easy to your liking.
- 5. Serve pancakes with turkey bacon and eggs alongside. Drizzle the ginger honey sauce over the pancakes just before serving.

Serve with turkey bacon and scrambled eggs for a protein-rich breakfast.

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