

Zucchini Bread Recipes

Baked Protein Pancake Bowls Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 cup oat flour
- [ ] ½ cup vanilla protein powder
- [ ] 2 teaspoons baking powder
- [ ] ¼ teaspoon salt
- [ ] ½ teaspoon cinnamon (optional)

Wet Ingredients

- [ ] 2 large eggs, room temperature
- [ ] ½ cup Greek yogurt
- [ ] 1/3 cup maple syrup
- [ ] 1/3 cup milk of choice
- [ ] 2 tablespoons melted butter or coconut oil
- [ ] 1 teaspoon vanilla extract

Instructions

1. Preheat your oven to 375°F. Grease 6 oven-safe bowls or ramekins generously with butter or cooking spray. Honestly, I use these little ceramic bowls I found at a yard sale - they're the perfect size.

2. In a medium bowl, whisk together the oat flour, protein powder, baking powder, salt, and cinnamon if using. Make sure everything is well combined - I give it a good 30-second whisk to aerate the dry ingredients.

3. In another bowl, whisk the eggs until frothy. Add the Greek yogurt, maple syrup, milk, melted butter, and vanilla. Whisk until smooth. The mixture should be well emulsified - you'll see it come together beautifully.

4. Pour the wet ingredients into the dry ingredients. Gently fold together until just combined - a few lumps are fine. Overmixing can make them tough. The batter will be thick but pourable.

5. Divide the batter evenly among the prepared bowls, filling them about ¾ full. Bake for 18-22 minutes, until golden brown and a toothpick inserted comes out clean. They'll puff up so nicely in the oven.

6. Let cool in the bowls for 5 minutes before running a knife around the edges and removing. Serve warm with your favorite toppings. They're wonderful with fresh berries or a drizzle of extra maple syrup.

Nutrition per serving

185 kcal	12 g	20 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- For gluten-free version, ensure your oat flour is certified gluten-free
- Batter can be made night before and stored covered in refrigerator
- These freeze beautifully for up to 3 months
- Perfect for meal prep - make a batch on Sunday for the week