

Zucchini Bread Recipes

Healthy Fluffy Pancakes For Breakfast

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

Ingredients

Dry Ingredients

- [ ] 1 ½ cups whole wheat pastry flour
- [ ] 2 teaspoons baking powder
- [ ] ½ teaspoon baking soda
- [ ] ¼ teaspoon salt

Wet Ingredients

- [ ] 1 cup plain Greek yogurt
- [ ] ¾ cup milk (any type)
- [ ] 2 large eggs
- [ ] 3 tablespoons pure maple syrup
- [ ] 1 teaspoon vanilla extract
- [ ] 2 tablespoons melted butter or coconut oil

Instructions

1. In a large bowl, whisk together the flour, baking powder, baking soda, and salt. Make a well in the center - this helps when adding the wet ingredients later.
2. In another bowl, whisk the Greek yogurt, milk, eggs, maple syrup, and vanilla until smooth. Slowly whisk in the melted butter until everything is well combined.
3. Pour the wet ingredients into the well you created in the dry ingredients. Gently fold together with a spatula until just combined. Seriously, don't overmix - lumps are perfectly fine. Let the batter rest for 5 minutes while you heat your griddle.
4. Heat a non-stick griddle or large skillet over medium heat. Lightly grease with butter or oil. Using a ¼ cup measure, pour batter onto the hot surface. Cook until bubbles form on the surface and edges look set, about 2-3 minutes.
5. Flip carefully and cook for another 1-2 minutes until golden brown on both sides. Transfer to a wire rack or warmed plate. Continue with remaining batter, regreasing the pan as needed.
6. Serve warm with your favorite toppings. We love fresh berries, a drizzle of maple syrup, and maybe a dollop of Greek yogurt for extra protein.

Nutrition per serving

285 kcal	14 g	38 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- The batter thickness is key to fluffy pancakes - it should be scoopable but not pourable
- If the pancakes are browning too quickly, reduce the heat slightly
- For extra flavor, you could add a pinch of cinnamon or nutmeg to the dry ingredients
- These reheat beautifully in the toaster for quick breakfasts throughout the week