

Easy Peanut Butter Protein Pancakes

Cooking Instructions

1. Place oats in any blender and blend until fine powder. Set coconut oil aside for cooking pancakes. Add the rest of the ingredients in the blender and blend until smooth. If too thick, add more milk, 1 tablespoon at a time. Let the consistency be a little runny. Rest the batter for 10 minutes until it thickens.
2. Heat large saucepan over low to medium low heat. Add 1 teaspoon coconut oil to pan and heat through. Place 2-3 smaller pancakes in pan and cook until heated through. Don't turn too early or pancakes will not cook through. Flip once and cook on other side. When done, remove from heat. Add another teaspoon of oil to pan and cook 2-3 more pancakes. Repeat until batter is used up.
3. Serve with your favorite toppings or freeze to reheat in a toaster for a quick breakfast! You can omit protein powder if you do not have any available.

Recipe

- 3-4 teaspoons coconut oil or neutral flavored oil for cooking pancakes
- 2 ripe bananas (make sure bananas are ripe or pancakes will be bitter!)
- 2/3 cup peanut butter
- 2/3 cup rolled oats
- 1 cup almond milk plus more if needed
- 2 ½ teaspoons baking powder
- 2 eggs
- 1 serving plant based protein powder (not mixed with liquid)

Grocery List – Add optional ingredients as desired

Produce

- 2 bananas

Dairy

- Eggs
- Almond milk

Pantry

- Coconut oil
- Protein powder
- Old fashioned rolled oats
- Peanut butter
- Baking powder