

gluten-free | nutrient dense | whole ingredients
recipe created by The Northeast Ginger // [@thenortheastginger](https://www.instagram.com/thenortheastginger)

Chocolate Protein Pancakes

ingredients: (yields 15 silver-dollar-size pancakes)

- 1 1/2 ripe bananas, mashed
- 4 eggs
- 1/2 cup full-fat Greek yogurt
- 1/2 cup gluten-free flour (I use this one)
- 2 scoops vanilla whey protein powder (I use this one)
- 2 tbsp 100% cocoa powder
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp Redmond's Real Salt (linked here)
- 2-4 tbsp milk

directions:

- Heat a cast-iron pan over medium-low heat. I use this one. We use a lower temperature because the protein powder tends to burn if the pan is too hot.
- Mix wet ingredients.
- Add dry ingredients to bowl with wet ingredients and stir thoroughly. Batter should be thick, but spoonable.
- Use a tablespoon to spoon mixture into the hot, buttered pan, making 3-4 silver-dollar-sized pancakes.
- Cook over medium-low heat. Flip when edges are set and bubbles appear.

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Why We Love It

Unlike other recipes, or store-bought brands, these pancakes are far from being a source of empty calories. These pancakes are made of real, whole foods, not ultra-processed crap. Plus, we've snuck in a bit of extra protein, making them even more satisfying (but truly, the protein powder is just an added benefit, not a necessity).

These aren't full of sugar. They aren't full of chemicals. And they're fairly balanced with healthy fats, quality sources of protein and good carbohydrates. Plus:

- No ultra-processed oils
- No high-fructose corn syrup or refined sugar
- No artificial junk

Serve these alongside grass-fed butter, pure maple syrup and a glass of whole milk and you have a quality, nutrient-dense breakfast for the kids.