



## Greek Yogurt Protein Pancakes

- Prep Time: 10 minutes
- Cooking Time: 10 minutes
- Total Time: 20 minutes
- Cost per Serving: \$2
- Calorie Count per Serving: 150 kcal



## Ingredients :

- 1 / 2 cup plain Greek yogurt (use full-fat for extra creaminess)
- 2 large eggs
- 1 / 4 cup almond flour (or coconut flour for fewer carbs)
- 1 scoop vanilla protein powder (or flavor of your choice)
- 1 / 2 tsp baking powder
- 1 / 2 tsp vanilla extract
- A pinch of salt
- Butter or coconut oil for cooking

## Preparation :



- In a medium bowl, whisk the Greek yogurt and eggs until smooth. Add the almond flour, protein powder, baking powder, vanilla extract, and a pinch of salt. Stir until the ingredients are well combined. The batter should be thick, but easy to pour.
- Preheat a non-stick skillet over medium heat. Add a small amount of butter or coconut oil to grease the pan.
- Pour 1 / 4 cup of the batter onto the skillet for each pancake. Cook for about 2-3 minutes on one side, or until bubbles form on the surface. Flip and cook for another 1-2 minutes until golden brown.
- Once the pancakes are cooked through, serve them warm with your favorite toppings, like sugar-free syrup, fresh berries, or a dollop of Greek yogurt for even more protein!
- Pour your almond milk matcha latte into your favorite mug, sprinkle a bit of extra matcha on top for garnish, and enjoy!

= Happy =  
Pancake  
Day! =