



Fluffy Aquafaba Protein Pancakes

Ingredients

Gluten-free oats 1 cup
Liquid egg whites 1/2 cup
Liquid from canned chickpeas 1 cup
Nonfat Greek yogurt 1 cup
Dymatize Vanilla protein powder 1 scoop
Natural vanilla extract 1 tsp
Cinnamon 1 tsp
Salt 1 pinch (optional)
Organic liquid stevia 15 drops (optional)

Directions

1. Blend all ingredients (except for the aquafaba) in a blender for 3-5 minutes until completely combined. Let sit for 10 minutes.
2. To make the aquafaba, whip the chickpea liquid with a hand or stand mixer on high until a thick "meringue" forms and can hold a peak without falling. Carefully fold the aquafaba into the pancake mix. Do not overmix!
3. Cook on a greased griddle or skillet with nonstick spray for approximately 1 minute on each side, or until golden brown.

Nutrition Facts

Serving size: two 4-inch pancakes
Recipe yields 2 servings

Calories 309
Fat 4 g
Carbs 33 g
Protein 36 g