

High-Protein Pancakes (4 Servings, ~8 pancakes)

- Rolled oats (old-fashioned) – **165 g**
- Ripe banana – **100 g** (about 1 medium, very ripe)
- Soy milk (調整豆乳) – **120 ml** (*instead of whole milk*)
- Eggs – **2 large (~120 g total without shell)**
- Greek yogurt (plain, unsweetened) – **80 g**
- Protein powder (whey or plant-based, unflavored/vanilla) – **30 g**
- Sugar – **12 g (~1 Tbsp)** (*reduced from 2 Tbsp; banana adds natural sweetness*)
- Baking powder – **8 g (~2 tsp)**
- Vanilla extract – **10 ml (2 tsp)**
- Ground cinnamon – **½ tsp**
- Canola oil – **10 g (2 tsp)** (*instead of butter in batter*)
- Olive oil or canola oil – for cooking (~1–2 tsp per batch, not extra butter)



Optional toppings:

- Fresh berries or sliced persimmon/pear/apple (seasonal)
- 10 g chopped walnuts (omega-3 boost)
- A light drizzle of maple syrup or honey



Instructions

1. **Make oat flour:** Blend oats in a high-speed blender until finely ground.
2. **Blend batter:** Add banana, soy milk, eggs, yogurt, protein powder, sugar, baking powder, vanilla, cinnamon, and canola oil. Blend until smooth. Let stand **10–15 minutes** to thicken.
3. **Cook pancakes:** Heat a nonstick skillet or griddle over medium heat. Lightly brush with oil. Scoop ~60 ml (¼ cup) batter per pancake. Cook until edges are dry and bubbles form (~2–3 min). Flip and cook 1–2 min more until golden and firm.
4. **Serve:** Keep warm on a plate covered loosely with foil. Serve with fruit and walnuts, and if desired, a little maple syrup.



Nutrition Estimate (per serving = 2 pancakes, no toppings)

- **Calories:** ~250 kcal
- **Protein:** ~15 g
- **Fat:** ~6 g
 - Saturated fat: ~1 g
- **Carbs:** ~33 g
 - Sugars: ~7 g (banana + added sugar)
- **Fiber:** ~4 g
- **Sodium:** ~140 mg
- **Omega-3:** negligible (add walnuts for ~0.25 g ALA)



Notes & Suggestions

- If batter thickens too much while standing, stir in **1–2 Tbsp soy milk** to loosen.
- For even more moistness → replace 20 g of oats with **20 g almond flour**.