High-Protein Yeast Pancakes with Berries & Walnuts

ベリーとくるみの高タンパク・イーストパンケーキ

Same-day yeast batter

About 8 medium pancakes



Ingredients

- 200 g all-purpose flour
- 5 g instant dry yeast
- 10 g granulated sugar
- 3 g fine salt
- 200 g milk, lukewarm (about 30–35°C)
- 200 g nonfat Greek yogurt, room temperature if possible
- 2 large eggs (about 100 g without shells)
- 15 g canola oil or melted unsalted butter
- 1 tsp vanilla extract
- 100–120 g frozen blueberries or frozen raspberries — keep frozen until cooking
- 35 g walnuts — toasted and coarsely chopped
- 15–30 g additional milk, only if needed after rising
- Small amount of canola oil or butter for the pan

For Serving — Optional

- 100–150 g additional Greek yogurt
- Fresh or thawed berries
- Small amount of maple syrup or honey

Method

1. Combine the **flour**, **instant yeast**, **sugar**, and **salt** in a large bowl.
2. In another bowl, whisk the **lukewarm milk**, **Greek yogurt**, **eggs**, **oil** or melted **butter**, and **vanilla** until smooth.
3. Pour the wet mixture into the dry ingredients. Whisk just until evenly combined and no dry flour remains. The batter should be thick but pourable.
4. Cover the bowl and leave the batter in a comfortably warm place for **75–90 minutes**. A minimum of about 60 minutes can work, but the batter is ready when it has visibly expanded and is aerated with bubbles across the surface.
5. While the batter rises, toast the walnuts if necessary, cool them, and chop coarsely. Keep the frozen berries in the freezer until you are ready to cook.

6. After rising, do not vigorously stir the batter. If it has become too thick to portion easily, gently fold in 15–30 g additional milk, a little at a time.
7. Heat a nonstick skillet or griddle over **medium to medium-low heat** and grease it very lightly.
8. For each pancake, spoon enough batter into the pan to make a pancake about 10–12 cm across. Immediately scatter a few frozen blueberries or raspberries and some chopped walnuts over the wet surface. Do not mix the frozen fruit into the bowl of risen batter.
9. Cook until bubbles form and remain open on the surface and the edges look set, **about 2–3 minutes**. Flip once and cook the second side about **1½–2½ minutes**, adjusting the heat if the pancakes brown too quickly.
10. Serve immediately. For a higher-protein dinner, top each serving with additional Greek yogurt. Add only a modest amount of maple syrup or honey if desired.

Important Notes

- Frozen blueberries are the easiest choice: add them directly from frozen to each pancake after the batter goes into the pan.
- Frozen raspberries are softer and more fragile. Break very large frozen berries into smaller pieces and use them sparingly so they do not release too much moisture into the pancake.
- Adding the fruit and walnuts to individual pancakes preserves the bubbles created by the yeast and prevents the frozen fruit from chilling the entire batter.
- For dinner preparation, mix the batter about 90 minutes before you want to start cooking.
- The overnight option still works: cover and refrigerate the mixed batter for 8–16 hours, then let it stand 20–30 minutes before cooking.

Working Nutrition Note

This is designed as a higher-protein pancake rather than a protein-powder pancake. The principal protein sources are Greek yogurt, eggs, milk, and flour, with additional protein and healthy fats from walnuts.

For the blueberry version, 1 pancake (⅛ recipe) is approximately:

185 kcal | Protein 8.2 g | Fat 7.1 g | Saturated Fat 1.4 g | Carbohydrates 23.8 g | Sugars 4.8 g | Fiber 1.3 g | Sodium ~40 mg | Omega-3 ~0.4 g

For the same-day room-temperature rise:

- 60 minutes: minimum; usable if the batter is clearly bubbly and expanded.
- 75–90 minutes: ideal.
- Up to about 2 hours: generally fine, particularly if the room isn't very warm.

- Beyond 2 hours: I'd refrigerate it rather than continue the room-temperature fermentation.

The problem isn't just food safety. Eventually the yeast exhausts some of its available food and the batter can over-ferment. The bubbles become large, the structure begins weakening, and you can end up with pancakes that are flatter, more yeasty-tasting, or slightly sour rather than light and pleasantly fermented.

Once the batter has had its 75–90 minute rise, put the covered bowl into the refrigerator. It can wait there for several hours. When you're ready, take it out about 20–30 minutes before cooking.

And if you know from the beginning that you want a much longer rise, use the overnight method: mix it and refrigerate for 8–16 hours rather than leaving it on the counter.

One small adjustment: because this recipe uses a fairly generous 5 g instant yeast for only 200 g flour, treat 90 minutes as the target rather than automatically pushing toward two hours. Once you see a noticeably expanded, bubbly batter, it's ready. More rise isn't necessarily better.