Protein Pancakes: Fluffy Halal Breakfast Bread

Hearty layers made from pantry staples for a satisfying morning meal



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	15 min	25 min	2 people	315 kcal

Ingredients

- 3 large eggs
- 120 g cottage cheese
- 75 g whole-milk Greek yoghurt
- 15 ml whole milk
- 15 ml pure maple syrup
- 5 ml vanilla extract
- 2.5 g fine sea salt
- 125 g all-purpose flour
- 5 g baking powder
- 5 g ground cinnamon
- 5 ml neutral oil, for baking

Instructions

1. Mix the wet base: Whisk the eggs in a medium bowl until they are slightly frothy. Add the cottage cheese, Greek yoghurt, milk, maple syrup, vanilla, and salt. Continue whisking until the mixture is smooth and creamy.
2. Combine the dry ingredients: Sift the flour, baking powder, ground cinnamon, and a pinch of salt over the wet ingredients. Fold the mixture gently with a spatula just until combined. Stop while the batter is still slightly lumpy to avoid overmixing.
3. Rest the batter: Pour the batter into a small bowl and cover it loosely. Let it sit at room temperature. This allows the flour to hydrate, which improves the rise of the pancakes.

4. Prepare the skillet: Heat a non-stick skillet over medium heat. Brush the surface lightly with the neutral oil. This ensures the batter does not stick to the pan during cooking.
5. Pour and set: Ladle 60 ml of batter onto the skillet and tilt the pan to form a round 8 cm (3-inch) pancake. Reduce the heat to medium-low (160°C (320°F)). Cook for 2 minutes until bubbles form on the surface and edges look set.
6. Flip and brown: Flip the pancake carefully with a spatula. Cook the second side for about 1.5 minutes until it is golden brown. Remove the pancake to a heat-proof plate.
7. Finish the batch: Repeat the pouring and flipping process for the remaining batter to make 6 to 7 pancakes total. If you want to keep them warm, place the stack in a preheated oven at 90°C (190°F) for 5 minutes.

Notes

What goes wrong and whyOvermixing the batter destroys the air bubbles and develops too much gluten. This results in rubbery, flat pancakes rather than fluffy layers. Stop folding the moment the flour disappears. A few lumps are necessary to ensure the structure remains light and soft after cooking at 160°C (320°F).

What to serve with itTop the stack with sliced banana, honey, and chopped pistachios for added texture. For a sweeter finish, use blueberry compote and a light dusting of powdered sugar. You can also serve these alongside plain Greek yoghurt and fresh herbs if you prefer a savoury breakfast option for contrast.

Storing and reheatingPlace leftover pancakes in an airtight container in the fridge for up to 4 days. For longer storage, freeze them in a single layer within a freezer-proof bag for several months. Reheat them in a toaster to restore crispness or microwave for 30 seconds before serving.