Protein Powder Pumpkin Pancakes: High-Protein Breakfast

Light and airy with warm autumn spices and vanilla whey protein



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	4 min	14 min	4 servings	165 kcal

Ingredients

- 100 g pumpkin puree
- 30 g vanilla whey protein powder
- 50 g rolled oats, ground into a fine flour
- 1 1/2 tsp baking powder
- 1/2 tsp pumpkin spice or pie spice
- 30 g egg white
- 120 ml unsweetened almond milk
- 10 g butter, melted

Instructions

1. Prepare the skillet: Preheat a non-stick skillet over medium-low heat to 120°C (250°F). Lightly brush the surface with melted butter to prevent sticking.
2. Mix dry ingredients: Whisk the ground rolled oats, vanilla whey protein powder, baking powder and pumpkin spice in a medium bowl. Ensure they are well combined to avoid clumps of leavening agent.
3. Combine wet ingredients: Beat the egg white lightly in a separate bowl. Stir in the pumpkin puree, almond milk and melted butter until the mixture is smooth and lump-free.
4. Form the batter: Pour the wet mixture into the dry mixture and stir just until incorporated. Let the batter rest for 5 minutes so the oats absorb the liquid and the centre becomes fluffy.
5. Pour the batter: Check that the skillet is still at 120°C (250°F). Spoon 60ml of batter onto the skillet for each pancake, leaving space between them to allow for easy flipping.

6. Cook and flip: Cook for 2–3 minutes until bubbles form on the surface and edges look set. Flip with a spatula and cook for 30–45 seconds until the second side is golden brown.
7. Keep warm and serve: Transfer finished pancakes to a plate. Keep them in a 90°C (190°F) oven if you are not serving immediately to maintain their heat.

Notes

What to serve with itLayer pancakes with Greek yoghurt, pumpkin seeds and honey for a textural contrast. Serve with apple slices dusted in cinnamon to mirror the flavour of pumpkin pie. You may also pair them with low-fat cottage cheese or a bowl of warm, spiced oatmeal to create a more balanced morning meal.

Storing and reheatingKeep leftovers in a covered container at room temperature for no more than 2 hours. For longer storage, freeze them in a single layer on parchment paper before transferring to a freezer-proof bag. Reheat these in a microwave for 30-45 seconds or use a toaster oven to restore texture.

Getting the texture rightMaintain the skillet at 120°C (250°F) to ensure the centre cooks through before the exterior burns. Do not over-mix the batter once wet ingredients are added. Leaving a few small lumps prevents the finished pancakes from becoming dry and ensures they remain light and airy after cooking.

Making it aheadPrepare the batter and let it rest for 5 minutes so the oats absorb the liquid. This step is essential for the fluffiness of the centre. You can cook the pancakes in advance and freeze them to save time during the week, reheating them quickly when needed.