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Birthday Cake Protein Pancakes

What better way to start your special day than with a stack of birthday pancakes? Coconut flour keeps these pancakes low carb, while applesauce and a sugar substitute keep them healthy and low sugar! Add sprinkles for an extra-fun twist on this instant birthday breakfast classic!

Prep Time: 10 min. Cook Time: 6 min.

Serving size: 4-5 pancakes

Recipe yields 1 serving

Ingredients

2/3 scoop (about 20 g) Signature Birthday Cake Whey Protein
2 tbsp gluten-free baking flour
2 tbsp coconut flour
1 tsp Truvia (or other stevia-erythritol blend)
1/2 tsp baking powder
1/4 tsp baking soda
1/4 cup egg whites
1/4 cup nonfat plain Greek yogurt
3 tbsp unsweetened applesauce
1/2 tsp vanilla extract
1 tsp sprinkles (optional)
1/2 Signature Birthday Cake Protein Crunch Bar (optional)

Directions

1. Preheat a nonstick skillet or pancake griddle over medium-low heat.
2. Whisk together dry ingredients in a small mixing bowl.
3. Add wet ingredients and mix just until no clumps remain.
4. Gently fold in sprinkles (optional). Over-mixing will cause colors to bleed.
5. Lightly coat skillet with cooking spray. Pour approximately 2 tablespoons of batter to form each pancake, making 4-5 silver-dollar pancakes.
6. Cook over medium-low heat for 3 minutes per side until golden brown.

7. Serve with your favorite toppings—light whipped topping, fresh fruit, syrup, etc. Sprinkle with chopped Signature Birthday Cake Protein Crunch Bar (optional).